

From the creator of the *Ascension Cards*

DIANA COOPER

Birthing a New Civilization



Transition to the New
Golden Age in 2032



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Golden Age in 2032

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FINDHORN PRESS

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Birth of a New Civilization



Transition to the New
Golden Age in 2032

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Golden Age in 2032

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*A small body of determined spirits fired by an unquenchable
faith in their mission can alter the course of history.*

GANDHI

Introduction



The much awaited Cosmic Moment on 21st December 2012 has passed, bringing with it huge energetic shifts and shaking everyone up. When this settles, the mists will clear and everyone will move forward. I was expecting something amazing and it was more powerful and extraordinary than I had envisaged. I share in this book what actually did happen and how this is propelling you and the planet towards the new Golden Age starting in 2032.

Birthing a New Civilization also offers predictions, based on current consciousness about the climatic, economic and political changes worldwide. We are starting to feel the massive new energies seeping in and they are already influencing change that would not have been envisaged a few years ago. I hope that some of this information will switch on your own enlightenment and ascension. I believe it will offer you courage and inspiration as you move through the cleansing of the planet and the transformation in planetary consciousness. Together we will bring forward awesome new spiritual technology, develop crystalline bodies so that we carry more light and co-create the sixth Golden Era on the planet.

My guide, Kumeka, and Archangel Metatron said they would provide me with all the information I needed for this book. I also received down loadings from the unicorns and elementals who live in my garden and local forest. Every day became an adventure as I wrote.

A few years ago I earned Metatron's gold and orange cloak. I felt thrilled with this huge honour and have been able to transfer it to thousands of other people who are ready to carry his light. I also carry the gold and silver cloak of perfect balance and harmony though there are times when this seems to fall off! And Mother Mary's cloak of Aquamarine light for healing, compassion and love. In *Birthing a New Civilization* I pass all this to you and hope that you will receive these gifts energetically to ease you through the Transition.

The time is now. You have incarnated not just to bring forward a new Golden Age but also to birth a new civilization. Much is expected of you and much will be given to you as your evolution is accelerated.

Diana Cooper

September 2013

SECTION 1

The Year 2012



CHAPTER 1

The Golden Ages



There have been five golden ages since the birth of our planet and we are preparing now for the sixth golden age starting in 2032. A Golden Age is so called because the land itself and everything on it has a golden aura.

~ Angala, the First Golden Age ~

The first golden age was the actual birthing of Earth. It is the golden moment when Earth became a thought in the divine mind and the angels surrounded and protected it. When you have a creative impulse or vision and you tune into the energy of this moment with total trust, Source and the angels will support your project. The potential becomes unlimited.

~ Petranium, the Second Golden Age ~

This was the time when Africa in all its divine glory and vision was seeded. It was overseen by the great seventh-dimensional being, Afra, and Serapis Bey, who helped to set up the pyramids of Egypt.

In the Golden Age of Petranium the land was covered with abundant verdant vegetation. When the clarion call went out into the universes for wise ones to settle the land, seventh-dimensional beings responded. They understood water and could direct the weather. They worked with the Elemental Masters. Many are still there, invisible to the current humans trying to help them. When enough people reconnect with them, the ancient wisdom of Africa and the Elemental Masters, we will be able to bring back abundance, fertility for Africa.

~ Mu, the Third Golden Age ~

Mu was the civilization that preceeded Lemuria and it was also centred in the Pacific Ocean. The people were of fourth-to fifth-dimensional consciousness and were not physicalized, so nothing remains of their era. The beings of Mu still help keep the mountains alive by singing the correct

notes. They loved Earth and the four ascension planets, stars and constellations, the Pleiades, Orion, Sirius and Neptune. They still hold this love within the Metatron cube in the centre of our planet, with the aim of bringing all the wisdom together. Mu was also the time of the dinosaurs; and the pelicans are still holding memories from that age reminding us of it.

~ Lemuria, The Fourth Golden Age ~

Beings arrived from all the universes to take part in Lemuria. Their energy was strongest in Australia and New Zealand, Hawaii and the Polynesian Islands, part of Alaska and the north east of Africa. In Africa, a little of Lemuria can be found in Morocco and part of Guinea. Mauritania, Algeria, Mali, and Senegal were fully Lemurian.

These beings were all fifth-dimensional, androgynous and had a great desire to heal Earth. But they were ethereal and did not have physical bodies, so their consciousness was focussed on the spiritual dimensions. They wafted round the universe healing the places they touched.

They were linked to Neptune, Orion, Sirius and the Pleiades and drew down the light and love of God through the cosmic heart into the Earth. Each of these stars, constellations and planets linked to a different part of the world and these places were 'populated' by Lemurians, who were not fully physicalized.

It is this love and light together with other divine qualities that the Lemurians focused into Earth to create their awesome crystals, which were programmed with unconditional love and cosmic connections. Some of these crystals within the earth are record keepers and they also form cosmic grids, linking planet Earth to the stars. They were specially formulated to emerge now to help us through the transition to the New Golden Age.

The Lemurians were very connected to the physical earth and loved it, so bringing back your Lemurian wisdom involves touching the soil, walking and really enjoying the feel of the ground beneath you. They were also very attuned to the elemental kingdom.

Many ancient Lemurians are incarnating now with their healing and love for the planet and to heal it with their crystals. Mother Mary was one of the cosmic beings who oversaw Lemuria.

~ Healing in Lemuria ~

We are told it is important now to activate anyone who has been in Lemuria, so that they can bring forward their healing gifts. At this moment,

this is needed to heal the faults in the Earth.

Lemurian healing was always done by more than one person at a time. Like all energies it can be used for good or ill, which is why those from ancient Lemuria are asked to connect with the unicorns for they will only work with people who will use the energy correctly. Although, according to Kumeka, this is not a complete safeguard for, like Reiki, this special healing power can be used now without understanding.

Individuals can programme a crystal and direct it to cleanse the crystals in the earth, especially in Africa but it is not as powerful as it is when they do it in a group.

Lemurian healing is done co-operatively in a group that acts as one, without a leader. This energy was always used to heal the Earth but it can be used to heal people. However, it may be too strong for them, so it needs to be offered with caution.

Lemurian Healing is very important to help the planet through the transition to the new Golden Age.

EXERCISE: *The Healing*

1. Affirm that while the group is together you hold Lemurian light.
2. Connect to the unicorns and surrender to their energy.
3. Know that when you are working as a unit you are all switched on. When you separate you all automatically switch off.
4. The group will receive a collective message about the healing you are to send. No individual takes the lead. You all become one.
5. Together focus your healing energy on a particular place, according to the guidance you have received.
6. Thank the unicorns.
7. Open your eyes and return to the room.

~ Atlantis, the Fifth Golden Age ~

The experiment of Atlantis lasted for 260,000 years, an entire cosmic era. It took 10,000 years to set up, was operational for 240,000 years and took 10,000 years to dismantle and learn the lessons. It ended in 2012.

The Intergalactic Council set up experiment after experiment to see if humans could maintain a human body, have free choice, and still be connected to God. Each experiment failed. On the fifth occasion the clarion

call went out for 84,000 settlers for the latest experiment and only those at the upper end of the fifth dimension were chosen. They had to co-operate in order to survive and at last the Golden era of Atlantis emerged; it lasted for 1,500 years. They maintained their high frequency by deep relaxation, sharing and respecting the land and the animals. Their twelve chakras were open and radiating and their twelve strands of DNA were fully active. They had spiritual and psychic gifts that are currently beyond our comprehension and were able to develop truly awesome spiritual technology.

Birds, animals, dolphins and the angels of Atlantis are starting to transfer the ancient knowledge to those who are ready.

~ The Sixth Golden Age ~

In 2032 the entire universe will move into the fifth dimension. Those who wish to live in harmony, sharing, caring, co-operating and working with nature, creativity and love will form spiritual communities and a different civilization.

The souls of those who no longer wish to participate at this frequency will chose either to return to the inner planes for instruction, go back to their home planets in other universes or continue with a third-dimensional experience in a third-dimensional universe. All will be perfect for them.

When the light truly begins to shine on Earth again there will be no boundaries or passports. Everyone will feel welcome wherever they go and people will see the divine in each other.

We will bring forward spiritual technology to surpass all that they developed in Golden Atlantis.

We will no longer have carbon-based bodies that depend on duality. As we carry higher frequencies of light we will develop crystalline bodies. Because we will be living in harmlessness and will honour the Creator, after 2050 we will be able to explore the universes.

We are truly blessed to live now and have the opportunity to found this new way of being.

EXERCISE: *Bringing in the Energy for a Golden Age*

1. Stand, in bare feet if possible, on the earth.
2. Visualize golden light going from your feet into the ground.
3. Take your time to let it spread round you in all directions.
4. Imagine the grass, bushes, trees, flowers and all of nature as far as

you can see being lit with golden energy.

5. Each time you do this you are contributing to the energy that creates a Golden Age.

For more detailed and fascinating information about the Golden Ages see *The Keys to the Universe*, which I wrote with Kathy Crosswell.

CHAPTER 2

The Year 2012



Each out-breath of God lasts 26,000 years. This is a time of creation when things are being developed and expanded on Earth. Towards the end of the out-breath anything outstanding is brought to a conclusion, karma is balanced, the outmoded starts to collapse and this is what our planet and universe has been experiencing.

Then the in-breath commences and all is called back to the Godhead. During this period the old is dissolved or transmuted. 2012 marked the end of a cycle of ten out-breaths. This is known as a cosmic era, which lasts 260,000 years. At the end of each out-breath there is an in-breath. From the end of this entire cosmic era in 2012 the in-breath will last for eleven years until 2023. There is a nine-year pause, then the next out-breath begins and a time of creation commences again.

After 2032 there will be a fresh blueprint for Earth, for humanity and for the Universe, so that another Golden Age can start at a higher frequency than the previous one.

At 11.11 on 21st December 2012, there was a Cosmic Moment to mark the end of the previous cosmic era. This was a momentous occasion, during which pure Source light poured into the planet. Whether you were ready or not, your heart centre was lit up for an instant by this; so were the heart centres of all beings throughout the Universes including the heart chakras of all stars, planets and galaxies. All twelve universes started the process of ascension.

All those who were prepared for this moment and were open and receptive were illuminated by Source light. As your cells were bathed in pure energy, the old stuff held in the cells was shaken up. Many people presented with flu or colds or exhaustion while this was cleared or settled. When this settles, people generally will be happier and more satisfied with life.

~ A Planetary House Move Commences ~

We are experiencing the challenges of a house move, on a planetary scale. We are still sorting everything out, clearing away and throwing out the old and starting to decide what we want to take with us. The scandals in politics, the banks, the food and health industries are drawing to our attention outmoded stuff that needs to be examined and replaced with something new in line with the higher frequency on Earth.

The old third-dimensional paradigm of greed, self interest, control and manipulation will not be tolerated much longer. Already we have seen people power rising up against it. As we move into the new during the next twenty years this will be replaced by community spirit, ecological awareness, abundance consciousness, working for the highest good, helping nature, children and creativity.

~ Clearing and Cleansing ~

When we are clearing out our old house we clean out drawers and cupboards. Then when everything in the old house is sorted and packed a huge cleaning takes place. As above so below. Our planet must be cleansed. This means that old karma in the land has to be cleared, blocked ley lines must be unplugged so that energy flows freely again. We have already seen the start of this in many parts of the world, representing the drawers and cupboards. The main cleansing, however, will take place between 2017 and 2022; during this period nature will use the elements of fire, earth, air and water to purify any area where lower frequencies still lurk. When we send light into the earth we can clear and cleanse with our energy.

However, the current forecast is that people will not do enough so it is important to be ready for this big clearout by nature. I offer in this book tools to enable you to work with the elements and the angelic realms, so that you can move through this period with strength.

EXERCISE: *Clearing the Clutter*

1. The more you clear out your own life, physically and emotionally, the less there is for the planet to do! Everything is interconnected. Clearing clutter is really about trusting the universe to bring to you what you need when you need it.
2. Have a good clearout in your home or office.
3. Are you really going to read those books again? Why not pass them on. More will come to you at the right time.

4. Are those clothes really shrinking while hanging in your wardrobe? Perhaps it is time to pass them on!
5. Remember to take the dead foliage off your houseplants and clear up the dead matter in the garden.
6. Ask yourself. Have I used this in the last two years? If not give yourself permission to give or throw it away.

EXERCISE: *Uncording and Clearing Your Own Life*

Before you start this exercise think about or write down every person who is connected to you or has ever been connected to you. Write also down any outstanding business or unresolved situations. Remember that unconditional love does not form a cord or burden you.

1. Sit quietly where you can be quiet and undisturbed.
2. Light a candle if possible to raise the energy.
3. Imagine you are sitting in one circle of a figure of eight.
4. Invite one or all of the people on your list into the other circle.
5. Place all the outstanding or unresolved matters into that circle.
6. Visualize pure golden light going round the figure of eight.
7. Then thank all these people and situations for what they have taught you!
8. Cut the other circle away and allow it to float up into the sky.
9. See the angels surrounding it in a bubble of golden light.
10. Open your eyes and physically brush down your aura.

EXERCISE: *Clearing the Planet*

This visualization is so simple and yet it impacts on our planet and helps to clear the energies. You can do this as a full meditation or you can picture it in your mind's eye while you are out walking. It all helps.

1. Sit quietly where you can be quiet and undisturbed.
2. Light a candle if possible to raise the energy.
3. Imagine Earth in front of you.
4. See all the ley lines as interconnecting grids throughout the planet.
5. Follow the lines in your mind's eye and make them all golden and

shining.

6. See a golden aura round Earth.

~ How the Intergalactic Council Prepared Us for 2012 ~

2012 was the end of the 260,000-year cosmic era of Atlantis. We celebrated the ending of the old way of being and we also rejoiced in the first labour pangs of the new civilization.

Because 2012 was such a momentous year, the Angelic Realms prepared for it well in advance.

1. On 8th June 2004, there was the first part of a double Venus transit. The second took place on the 6th June 2012. This wonderful and special conjunction started to balance the masculine and feminine energy within individuals and in the collective consciousness. It enhanced the possibility of accelerating individual and planetary ascension and offered everyone huge opportunities for growth. However, we were asked to help bring people together and respect all forms of life and the planet's resources in order to access the benefit of this transit.
2. In November 2003 the Harmonic Concordance occurred, which bestowed more divine feminine energy on everyone to awaken compassion and open hearts.
3. For the first time since the fall of Atlantis the twelve rays were returned to Earth bathing us in higher light and preparing us for the higher energies.
4. In 2008 the Silver Ray was sent to us by Source himself. This contains the highest aspect of the Divine Feminine and it merges with the other rays to balance them.
5. The Violet Flame of Transmutation was made available to everyone at the Harmonic Convergence in 1987. Since then the Gold and Silver Rays have synthesized with the Violet Flame to create the Gold and Silver Violet Flame, which holds people in the fifth dimension as it transmutes and raises the frequency. The Harmonic Convergence marked the start of a twenty-five-year period of purification on the planet.
6. The Gem Rays, containing pure Archangel energy became available so that we could invoke them to fill us with light.
7. During the Golden Era of Atlantis many beings, including aspects of

the twelve rays, the Christ energy, Buddha energy and the Spirit of Peace and Equilibrium contributed to a pool of light that the people could all access. Known as the Mahatma energy, it was abused at the end of Atlantis and withdrawn. This has now been returned to us. This is the highest energy that we can currently access and it accelerates our ascension dramatically. It is a very powerful golden white light, which heals on every level and can help with relationships and situations. It can never harm us as it is downloaded through our Monad or I AM Presence.

8. The Angels of Atlantis are helping us to bring back the wisdom of Golden Atlantis.
9. Fast-frequency Universal Angels are coming to Earth. As our frequency speeds we can connect with them at a higher level, access more of their light and receive cosmic information.
10. Angels started impressing themselves as Orbs onto film, especially digital cameras, to offer us visible proof of their presence and to download messages and inspiration directly to us.
11. More enlightened children from Orion and wise old souls from many parts of the universes were born.
12. The unicorns, the purest of the pure, returned to seek those who have a vision to help others. Then they connect with them and assist their soul longings to come to fruition.
13. The unicorns started to help people to dissolve the veils of illusion that are blocking their third eyes, so they can reach full enlightenment.

~ The Eternal Olympics ~

In order for the planet to ascend to the fifth dimension, the chakras have to spin at a faster frequency. All the chakras are connected like cogs and when the first one starts to spin more quickly the others follow suit. This process started in the Earth Star chakra, which is located in London. The kundalini or life force of the planet was waiting here ready to rise when triggered to do so by the energy of the cosmic moment.

The Intergalactic Council had to find a way to prepare the Earth Star so that it would be ready to open. This is why the Olympic Games had to take place here, bringing celebration, excitement, fun, laughter, togetherness, excellence, co-operation and many higher qualities, so that the new light

could be grounded deep into the Earth.

On July 27th 2012, the Olympic Games started in London as part of the cosmic plan. The importance of what happened cannot be underestimated. The Olympic Games threw world focus onto London and the angels worked very hard to ensure it would all run smoothly and safely, alongside people, of course, who worked very hard to safeguard this too. The outcome was a huge raising of the light here and the kundalini rose perfectly at the Cosmic Moment on 21st December 2012.

~ The Original Olympic Games ~

The original intention of the Olympic Games when it was set up in Golden Atlantis was to focus on celebration, togetherness and excellence. And those held in 2012 also brought much light to the world as a whole, not just London.

The decision to have the Olympic Games in London was taken by those who are overseeing the spiritual progress of the planet. Humans went through a costly and time consuming process, little realizing that it had all been decided at a higher level. By 2032 the spiritual energy of the planet will be so high that choices for the highest good, such as the placement of important events, will happen by attunement to the divine.

If you want to energize the qualities of celebration, togetherness and excellence on the planet, you can light a candle to the original intention of the Olympics and what it represents. Archangel Metatron will take your intention in a divine perfect way to add to the Cosmic Olympic Flame.

VISUALIZATION: *Energizing the Original Intention of the Olympic Games*

1. Find a place where you can be quiet and undisturbed.
2. Close your eyes and relax.
3. Picture the Olympic flame in your mind's eye.
4. Send qualities of celebration, love, harmony, togetherness, excellence and joy to it.
5. See the flame expanding until its light spreads out into the cosmos.
6. Bless all the Olympic Games there ever have been and ever will be.
7. Open your eyes.

EXERCISE: *Drawing the Olympic Flame*

With adults or children draw the flame of the Olympic Games and talk about the original purpose of this international event – to bring people together for celebration and to focus on harmony, joy and excellence.

CHAPTER 3

The Birthing of the Planet



06.10.12 – 6th October 2012

~ The Birth of the Planet – the Waters Break ~

This date symbolically marked the breaking of the waters and was of huge significance. Source, the Seraphim, Archangel Metatron, Wywyvsil (one of the Lords of Karma), the White Brotherhood, the Christ Light and other illumined energies poured their light onto us on that day. The true birthing process finally started.

The breaking of the waters demonstrated the end of the gestation period. The baby was ready and coming no matter what. This indicated that Lady Gaia herself, the great angel in charge of our planet, was prepared for the next stage in her evolution, the birthing of the new civilization. We were all put on notice to relax and strengthen ourselves for the journey ahead.

In the case of Earth and this universe the birthing process will last for twenty years. This is an incredibly short period of time during which monumental changes are demanded of us.

All who have incarnated to be midwives in the birthing of the new Golden Age have undertaken a special task because Earth will have to go through a double-dimensional shift during this time.

We have been third-dimensional in a fourth-dimensional universe. This came about for two reasons. First we are the solar plexus of this universe and take in and transmute the fear for all beings in it. Secondly, Earth agreed to experience free will. Humans made choices that caused them to move deeper into the slower vibrations than was ever considered possible. This has made life on Earth very challenging.

All the beings in this Universe are sending us light to help us to evolve more quickly. Huge numbers of wise and high-frequency souls are incarnating here to help us. The analogy would be that specialists from all over the world have gathered round the mother to help with a difficult and important birth. Whatever you are doing, your role is important.

This date did not just symbolize the waters breaking for the birth of the new Golden Age on the planet. It also represented an opportunity for you to move towards the new. In eternal time you can access that energy at any time to boost a new idea or project.

EXERCISE: *Pouring Water*

Water symbolizes flow and movement. It also has amazing cosmic properties and can take you from one state into a higher one.

1. Fill a glass of water.
2. Hold it to your third eye and think about everything you want to release.
3. When you have finished pour it down the drain.
4. Fill a second glass of water and hold it to your third eye.
5. Think about your vision or whatever you want to birth.
6. When you have finished, drink it.

11.11.12 – 11th November 2012 ~ The Divine Feminine and Pure Peace ~

11.11.12 at 11.11 was symbolically the moment immediately after the waters broke. It was the time when we needed to relax so that we did not stress the baby or ourselves. At that moment, people were asked to become centred and peaceful and to breathe into the heartbeat of Lady Gaia.

If you have planted a seed deep in the rich soil where it is quiet and undisturbed, and you are patiently waiting for the first shoot to come up, you cannot hurry it. You can only wait until the time and conditions are right. In the divine right time the shoot will inevitably emerge all by itself. You can relax and calmly anticipate the wonder that lies ahead.

This is what people were unconsciously tuning into on this date, to ensure they were ready.

~ The Divine Feminine – Mother Mary ~

At this moment, the divine feminine stepped in to assist. Mother Mary, the Universal angel of love, healing and compassion entered strongly on the 11th November to help us all. She carried the divine feminine energies of caring, nurturing, openness, empathy and being able to see the wider

picture and higher perspective. In the golden era of Atlantis when the energy was fifth-dimensional, she wore an aquamarine mantle of light and now she has brought back this energy for us to use.

~ Peace – The Great White Brotherhood ~

In the Golden Era of Atlantis many of the great ascended masters joined their energy together to create The Great White Brotherhood, to initiate those who are ready to carry the pure white light of ascension. The White Brotherhood holds the secrets of peace and eternal life in the great cosmic pyramid built in Tibet by the High Priest Zeus.

On 11th November 2012, the Masters of the Great White Brotherhood stepped in to touch humanity with the pure white ascension light.

Here is the invocation that Kathy Crosswell and I used on this day to call in the energy of the Great White Brotherhood. You can use it at any time.

EXERCISE: *To Invoke the Great White Brotherhood*

- Lord Meitreya, Lord of the World responsible for the entire solar system, head of the White Brotherhood and Order of Melchizedek I invoke you to touch me with the light of ascension. It is done.
- Lord Melchizedek, I invoke you to touch me with your illumined mystery teachings. It is done.
- Serapis Bey, Keeper of the White Ascension Flame, I invoke you to place the ascension flame over me. It is done.
- Master Lanto, Chohan of the Second Ray, I invoke you to enable me to meet the Great White Brotherhood in the inner planes. It is done.
- El Morya, as you help the planet to ascension I invoke you to help me to connect and make active my twelve strands of DNA. It is done.
- Quan Yin, great goddess of love, I invoke you to fill my heart with love. It is done.
- I invoke the unicorns, the purest of the pure, to touch me with the light from their third eye to enable every cell in my body to relax bringing perfect health and eternal life.
- It is done.
- I now call in a pure white dove, symbol of deep inner peace and serenity and place it in my heart.

12.12.12 – 12th December 2012
~ Unicorns Open Your Crown and the Masters of Orion ~

In the birthing analogy, 12.12.12 marked the first small contraction! It is the day the star appeared in the sky before the birth of Jesus. At that moment, there was a thrill of anticipation and a knowing that there was no going back. The universe symbolically offered us all a rainbow, to draw our attention to the promise and hope that lay ahead.

If you were ready you were touched by a unicorn who flooded your heart with pure love and joy. People unconsciously recognized that this was a critical point and that they must be strong, centred and focussed, holding their intentions pure.

It was at this moment that people started to connect to ancient wisdom and the stars and find out who they truly were.

Because many were waking up spiritually and feeling confused, the task of those who were already awake was to help everyone who was stumbling about half awake. And this energy continues. During the early years of the transition we are asked to look after others.

Many angels and unicorns appeared to help us all. Then and throughout the transition to 2032, the more people who switch on their lights, the more new unicorns come in from the heart of Source.

On 12.12.12, the unicorns touched people's crown chakras and started the process of unblocking them to allow more light to flow in from their Stellar Gateways. People were able to connect with the Masters of Orion who hold the wisdom of the universe.

EXERCISE: *Invocation and Visualization*

1. Find a place where you can be quiet and undisturbed.
2. Light a candle if possible.
3. Call in Master Hilarion, Master of the 5th Ray and ask him to help you understand spiritual technology to help the world. Sense or feel his presence.
4. Call in Archangel Metatron to pour his golden orange light of ascension over you.
5. Call in Archangel Gabriel for patience, purity, joy and true communication. Sense his pure white light touching you.
6. Connect with Orion and tune into the twelve Masters of Orion who

carry wisdom for the Universe.

7. One of the Masters of Orion is standing in front of you. Allow the fifth-dimensional qualities of the Universe to flood your aura.
8. Thank him for anything you have received.
9. Return to where you started.

VISUALIZATION: *The Unicorns Open Your Crown Chakra*

1. Find a place where you can be quiet and undisturbed.
2. Light a candle if possible.
3. Breathe calmly and focus on your crown chakra.
4. Call in the unicorns and ask them to touch the 144 petals of your crown chakra.
5. You may be aware of light pouring from their horns, allowing your 144 petals to open.
6. Be aware of the pure white light pouring down from Source, through your Stellar Gateway into your open crown.
7. Sense the light pouring through your body.
8. Thank the unicorns.
9. If possible rest after doing this for it is very powerful.

~ The Crystal Skulls ~

In Golden Atlantis twelve crystal skulls, one for each of the tribes, were fashioned using the sort of spiritual technology that will eventually return to us. Each came from a solid piece of quartz and was created by the use of mind control and thought power; a technique that at the moment is not accessible to our currently untrained and only fractionally used minds.

The skulls were the size of our human one and had a jaw that moved. Within the crystal was an extraordinary network of prisms and lenses, which lit up the face and eyes.

They were able to speak and sing because they were advanced computers programmed with all the knowledge and wisdom of their tribe. The High Priests and Priestesses also entered into them esoteric information about human origins and the mysteries of life. This was so that the true history of the planet would not be lost. Most importantly the skulls hold the vision of unity consciousness, and those who are touched by their

energy will feel this even from a distance.

When people have a sufficiently high frequency, they will be able to tune into the skulls and read the files they contain.

The knowledge held within the individual crystal skulls was considered so important that it was all placed within one amethyst Master skull, of a very high vibration. When Atlantis fell, the amethyst skull was dematerialized and taken into the inner planes. It will only return when the planet is ready for it, as if we were to access it now in our current state of consciousness we would do immeasurable damage.

All the files of information for this planet from the beginning of time are held in a high frequency band within the Sphinx. The information that is held in the skulls was also placed within the Sphinx. Again this will be read on a psychic level when people are ready to tune into it.

As Atlantis was being destroyed the High Priests and Priestesses took the crystal skulls for their tribes with them to the new destinations prepared for the survivors. Here they were hidden to be revealed when the time is right. So far two have surfaced but we have only seen the Mayan one.

~ The Mayan Skull ~

The Mayan skull, known as the skull of love, programmed with all the wisdom of the tribe that was led by Aphrodite has been released. Aphrodite originated from Venus, planet of love, and her people understood the movements of Venus. When she took her survivors to South America, they became the Mayans who brought with them from Atlantis their knowledge of astronomy and mathematics. This is why they had the special information that allowed them to calculate the Mayan calendar, covering the period from 3114 BC to 2012 AD, with its incredibly accurate prophecies. Their knowledge enabled them to build their nine-step pyramids perfectly aligned to the stars. Each of the nine steps depicted a transformational leap for humankind since the beginning of time and every section told us exactly where our planetary consciousness was – right up to 2012.

These pyramids are cosmic computers, which were designed to be activated in 2012 by the energy of the stars. They then started to wake up latent powers within the skulls.

Each of the Mayan Temples and their adjoining settlements was totally self-sufficient. The information they brought with them from Atlantis was not only esoteric but also practical, so they knew exactly how to grow food not just in conventional ways but with methods currently out of our

awareness.

The ancient Mayans held the wisdom of Golden Atlantis in their consciousness. However, that wisdom, which the astronomers and astrologers had then and partly have now, could also be used for dark purposes. They could, for example, harm others by the use of right timing for attack. As the Mayans were invaded by many tribes whose consciousness was too low to use this knowledge wisely, they decided to leave the planet. They ascended taking the wisdom from Atlantis with them, apart from the sacred files hidden within the crystal skull.

The Mayans thought they left the area protected and highly charged. They intended it to be a place where people could come and go for a long time, immersing themselves in the high-frequency energy and taking it out with them. They believed this would hold the continent in peace and subtly influence the world beyond. However, the consciousness of those remaining in the surrounding areas quickly dropped. Beings from Venus did step in to try to reverse the trend but the general darkness on the planet blocked their intervention.

After discussions on the inner planes, the Intergalactic Council decided to release the Mayan skull, hoping they could reverse the downward trend on Earth and dissolve the energy of war that was hanging like a cloud over the world.

So the awesome Mayan skull containing wondrous information that we can scarcely begin to access or understand was released in 1927. Anna Mitchell-Hedges was a young girl who was helping her father, an archaeologist, to explore one of the lost Mayan cities deep within the rainforests of the ancient ruin of Lubaantum, now in Belize. She discovered the skull under an altar and was its keeper until she died. It is now in the charge of Bill Homann.

~ The Incan Skull ~

Thoth, later known as Hermes Trismegistus was the High Priest who took the crystal skull from Atlantis to Peru. He taught that there is harmony and correspondence in every living thing in the universe, including the movement of planets, tides and currents, animals, plants, crystals and everything. The entire cosmos responds to certain harmonies and combinations of notes, which are tuned to the same scale. When the notes are correct there is perfect balance and healing. Thoth's immense and detailed knowledge is held within the Incan crystal skull. When we can access it and have the consciousness to understand and use it, it will bring

total alignment and healing to the natural world, animals and humans.

When the Atlanteans arrived in South America they became the Incas, who built the mighty two-way interdimensional portal of Machu Picchu. As with the Mayans, the priests all ascended believing they had left the portal protected. I describe the esoteric secrets of Machu Picchu in the first of my trilogy of novels, *The Silent Stones*.

The Atlantis crystal skull taken to Peru was found there in 2012 by a group, who are its true custodians. They recognized it and because they know the impact of its power they will maintain it securely and privately and keep it sacred.

Although people in the wider environs will not know about it, it has started to affect the consciousness everywhere with the wisdom and light it radiates. It helped to raise the energy for 2012. It has also stimulated the interest in sound healing.

Some sensitive people will be able to pick up the light the skull is radiating and will be able to use some of the spiritual information and knowledge contained within it. After 2032, much of the world will use the wisdom of Thoth to maintain perfect health and keep their plants and animals healthy too.

These skulls were created in the time of Golden Atlantis and their knowledge and wisdom protected through time. Please tune into their energies to bring back the knowledge, skills and wisdom, which we have yet to even acknowledge. These are the tribes and their leaders that each created a crystal skull:

THE TRIBES

Incas
Aztec
Babylonians
Egyptian
Innuits
Native American
Kahunas, Hawaii
Tibetans
Mesopotamians
Mayans
Greek
Maoris

THEIR LEADERS

Thoth
Isis
Horus
Ra
Sett
Imhotep
Hermes
Zeus
Aphrodite
Apollo
Poseidon
Hera

The mystical 13th amethyst skull – holds the collective consciousness of all worlds.

Other crystal skulls have been found. These are not Atlantean but were created by the Magi of the tribe that left Atlantis and went to Egypt under the High Priest Ra. These later skulls are programmed with information that is not as pure or as comprehensive as that of the original skulls.

By 2032, six of the original Atlantean crystal skulls will have surfaced and will have a subtle impact on the spiritual consciousness of the world. It is possible to meditate on these skulls and ask that you be allowed access to information with which you can help the world.

EXERCISE: *Meditation on the Crystal Skulls*

1. Find a place where you can be quiet and undisturbed.
2. Light a candle and dedicate it to your vision or to world service.
3. For a few minutes relax your body on the out-breath until you feel really comfortable.
4. Ask to connect to one of the crystal skulls and visualize a silver thread linking you to it.
5. Sense your third eye. You may see colours or feel a sensation, or you may not be aware of it opening.
6. You may receive a flash of insight or a comfortable feeling of being connected to higher wisdom. Or information may come to you later.
7. When you come to the end of your meditation thank the crystal skull.
8. Return to full waking consciousness.

CHAPTER 4

What Happened at the Cosmic Moment



Vast high frequency energy poured through us all at the cosmic moment, 11.11am on 21st December 2012. The importance of that moment and its impact will remain with us throughout the twenty-year transition.

~ The Opening of the Cosmic Portals ~

Located all over the world are massive cosmic portals, most of which started to radiate their light in 2012. Some opened quickly and others will do so gradually over the twenty years of the transition to the new Golden Age. They will all have a huge impact on the surrounding areas and on the whole world as their high-frequency light spreads.

Thirty-three is the vibration of the Christ light and these Cosmic Portals bring in the Christ light as well as the twelve rays and the Silver Ray of the Divine Feminine.

Imagine a tree with the trunk coming down through the centre of the Earth. Above, the branches reach out linking to the planets and stars. Below, the roots spread out through the earth to specific points. These are cosmic ley lines.

The light of the twelve rays, merged with the Silver Ray, flows down from the cosmos, through the branches and trunk and then spreads through each of these roots to the portals. There it rises like a fountain to saturate the land and its people in divine light. Visualizing this will help to energize the portals and expand their influence.

There are also many other portals opening at this time, where there have been standing stones, sacred sites or places of great natural beauty. These will not usually bring in the Christ Light like the 33 cosmic portals but each has its own unique energy.

You can tune into any of the cosmic portals in your meditations or sleep to access the qualities and light each one radiates. The list below explains exactly what you can receive from each of them.

~ The 33 Cosmic Portals and the Energy They Hold ~

~ Ancient Cultures ~

1. **ATLANTIS** – this portal is waking up the energy of the Temple of Poseidon in the Atlantic Ocean and bringing forward the wisdom of Atlantis. When you tune into it the energy will help you to express your own unique soul blueprint.
2. **LEMURIA** – this portal in Hawaii is activating the great crystal of Lemuria and returning the wisdom it holds. When you access the energy being held here it wakens within you a passionate love of animals and nature.
3. **HOLLOW EARTH** – this portal in the centre of the Earth began to open in 2012 and its energy will profoundly affect the ley lines. It is an elongated oval in the US covering Oklahoma, Kansas, Nebraska, South Dakota and the bottom of North Dakota. Originally it was a huge round circle but the shape changed as it was squashed by everything moving within and under the earth. The energy that entered in 2012 was high enough and strong enough to support its return to its original shape and size and this will impact on the people. It will be a long slow opening. By 2032, it will be 93 % ready; it will reach its full glory by 2035 when there will be enormous activity, both physically and energetically, in this area.

There are other entries to the Hollow Earth but this one in America is the main portal that lined up with the centre of the universe, which is the seat of Source, at the time when it was originally opened. It will align once more into its original position in 2035, will stay fully open for three years and then recede slowly. So it builds up, opens and then slowly closes like a flower but its impact will be enormous. This portal in America will eventually close because the Earth's movement means that it is no longer aligned to the centre of the Universe. Then another of the entry points to Hollow Earth in a different part of the planet will open. When you truly align with this portal you will experience and know divine love.

4. **MU** – this portal in the Pacific Ocean started to open in 2012, re-awakening the latent wisdom of the ancient civilization of Mu. As you identify with its energy you are able to assist the universe by holding love in the centre of each of the five ascension stars, planets and

constellations, Earth, the Pleiades, Orion, Sirius and Neptune.

~ Australasia ~

5. **ULURU, AUSTRALIA** – this portal started to open in 2012, connecting with Aborigine wisdom. It enables you to bring in the divine masculine truth.
6. **FIJI** – this portal started to open in 2012, connecting with Maori wisdom. At the fall of their continent some Atlanteans came to Fiji before they continued to New Zealand. The energy here enables you to bring out the best in yourself and everyone you know.

~ Americas ~

7. **SEDONA, USA** – this portal started to open in 2012, connecting with Native American wisdom. When you tune into it you will feel and understand community spirit.
8. **THE BERMUDA TRIANGLE** – the Great Crystal of Atlantis was held within the Temple of Poseidon. It had many roles and served as a portal. When Atlantis fell, the crystal lodged at the bottom of the ocean in the middle of the Bermuda Triangle. If the Intergalactic Council needs to use it, it is opened and everyone and everything within it go through a rapid inter-dimensional shift. To human eyes they tragically disappear but at a soul level anyone involved agrees to this experience. So this portal is sometimes open and at other times closed. Those who are attuned to it have a belief in intergalactic connection.
9. **BANFF, CANADA** – this portal opened in 2012 and enables people to take leadership with integrity.
10. **ALASKA, ARCTIC** – this portal started to open in 2012, connecting with InnuIt wisdom. It enables people to connect with other worlds.
11. **THE SOUTH POLE** – this portal opened in 2012. Attune to its energy to access bliss.

~ South America ~

12. **MAYAN SETTLEMENT IN HONDURAS** – this portal is already opening and encourages people to connect to the stars wisely.

- 13. THE WHOLE OF PERU** – connecting with Inca wisdom. This portal started to open in 2012. It encourages you to live to your full potential.

~ Africa ~

- 14. MALI** – connecting with the Dogon wisdom. After Ra brought his tribe from Atlantis to Egypt, the Dogons, who were a part of that group, moved further down Africa and settled in Mali. They carried with them wisdom and ancient knowledge from Sirius and still hold it for us all now. The portal has started to open, and through it people will be able to access spiritual technology.
- 15. THE SPHINX AT EGYPT** – this portal started to open in 2012 and will help you to bring everything into balance.

~ The Middle East ~

- 16. MESOPOTAMIA** – this portal has started to open and is bringing back the wisdom of Golden Atlantis that was brought here by the tribe of Apollo after the fall. Its energy allows you to find self-acceptance.

~ The Far East~

- 17. THE SOURCE OF THE GANGES, INDIA** – opened in 2012. You can tune into this cosmic portal for inspiration.
- 18. VARANASI, INDIA** – this portal has started to open and is helping people to establish family bonds.
- 19. MANILA, PHILIPPINES** – this portal started to open in 2012. Tune into it to accept angelic blessings.
- 20. MONGOLIA** – this portal started to open in 2012 and is promoting the honouring of all animals.
- 21. ANGKOR WAT, CAMBODIA** – this portal is opening and enables you to connect to inner wisdom.
- 22. QUAN YIN** – this portal is in China where Quan Yin held the energy in the mountains along the Silk Road. It started to open in 2012 and is opening your consciousness to abundance.
- 23. WUHAM IN EASTERN CHINA** – this portal is opening between 2012

and 2014. It enables you to connect to the beauty of higher spiritual expression.

- 24. ANSI IN NORTHERN CHINA** – this huge portal is opening and inviting you to access your vast potential.

~ Europe ~

- 25. YORK, IN THE YORKSHIRE DALES, UK** – this huge portal, which started to open in 2012 is bringing Illumination and enlightenment. It helps to clarify the third eye.

- 26. ANDORRA** – this portal started to open in 2012 and enables people to connect with dragons. As their influence spreads they will teach true abundance.

- 27. UNDER THE WATER OFF THE COAST OF MARSEILLES** – this portal opened in 2012 and will help to bring about relaxing relationships.

~ Russia ~

- 28. OMSK IN THE URALS** – this portal started to open in 2012 and is enabling people to hear with wisdom.

- 29. SIBERIA** – this portal started to open in 2012 and is enabling people to accept their magnificence.

- 30. AGATA, NORTHERN RUSSIA** – this portal started to open in 2012 and is enabling people to be who they truly are.

- 31. OPALA ON KAMCHATKA ISLAND, RUSSIA** – this portal is opening in 2014 and will enable you to know your soul energy.

- 32. GORA CHEN IN THE KERKEYANSK RANGE, RUSSIA** – this portal has already begun to open and its energy is enabling many people to accept angels. Its message is to embrace the angels.

- 33. NORTH POLE, ARCTIC** – this cosmic portal is opening and radiating Christ Light. When you tune into it you receive a call to be the Christ light.

The higher the number the more Christ energy the portals radiate, so the

portal in the North Pole carries the most. Thirty-three is the vibration of the Christ light.

All these portals, apart from the one in Hollow Earth, will rest after a few years because they have assimilated and shared with our planet as much cosmic energy as they can cope with. When they have rested they will re-open.

When all the cosmic portals are open and you have connected to their qualities Seraphina, the mighty Seraphim, will act as a bridge to the wisdom of the stars. She helps you to travel to the stars and accelerates your training as an intergalactic master. Through her you might meet the Masters of Orion, for example, and she will connect you to their higher aspects so that you can access more of their information.

You are inter-universal. The wisdom from other universes comes back in your energy fields for people to access and you automatically teach this to others.

When all the cosmic portals are open people will be able to connect to Source through Seraphina.

~ Three Special Portals ~

There are three exceptional seventh-dimensional portals that started to open in 2012 and deserve a special mention.

~ Stonehenge ~

This well-known ancient portal is located in the south of England. Sometimes thought of as a sun dial, it seems quite small but its influence is vast. Currently it is only partly open and it will continue to expand gradually until it is completely ready by 2032. It radiates an invitation to go there and this will get stronger as time passes.

It is a seventh-dimensional portal and when you visit Stonehenge in your meditation or sleep it takes you into your seventh-dimensional light body. Then you see through seventh-dimensional eyes of love and oneness consciousness. You will experience your highest potential and see a much higher perspective on life.

This portal is about time and matter. You will be in eternal time, that space where all things are known and you will totally understand the structure of all things.

As more people start to experience the true energy of Stonehenge, this will greatly expand the shifting consciousness on the planet.

~ *Yellowstone* ~

Yellowstone is a vast portal for animals in the United States. It covers the State of Wyoming, and touches Montana and Idaho. It will be fully open and seventh-dimensional by 2032.

As it opens it will spread light to help people understand that animals are on their own soul journey.

Domestic and wild animals worldwide will pick up its yellow energy and this will accelerate their ascension journey. However, if people are too attached to their animals these will find it hard to benefit.

It is not by chance that the rocks here have a yellow tinge or that it is called Yellowstone. Archangel Fhelayi, the angel of animals, vibrates on a yellow vibration.

When humans truly accept and honour animals the planet will ascend more quickly into higher dimensions. This will happen by 2032. The animals will forgive us and we will share the planet in harmony again. Tuning into this portal and absorbing its light will accelerate this process.

~ *China* ~

There is a special portal in the mountains of China, near the Quan Yin portal. It is currently closed and will remain closed until the planet and the universe are ready. Our heart chakras become pure white when they are fully fifth-dimensional and this portal contains pure white love like the pure love of Source.

It will open when we have connected the heart of our planet to the hearts of all the other planets. The more people who connect to the love centres in the stars the more quickly this portal will open. I give you an exercise later in this book to enable you to connect to the hearts of the stars.

When this portal opens we will be able to bathe in Source love beyond anything we have experienced so far on this planet.

EXERCISE: *To Connect with Stonehenge*

1. Find a place where you can be quiet and undisturbed.
2. Light a candle if possible to raise the energy.
3. Visualize roots going down from your feet into the earth.
4. Take some deep breaths, close your eyes and relax.
5. Ask the angels to take you to Stonehenge.

6. Imagine yourself in the seventh-dimensional energy of this portal.
7. Sense yourself moving into eternal time. Know that we are all one and everything is perfect.
8. Look through eyes of love and see the world from a higher perspective.
9. Relax and be.
10. When you return try to maintain this energy for as long as possible.

EXERCISE: *To Connect with Yellowstone*

1. Find a place where you can be quiet and undisturbed.
2. Light a candle if possible to raise the energy.
3. Visualize roots going down from your feet into the earth.
4. Take some deep breaths, close your eyes and relax.
5. Ask Archangel Fhelayi, the Angel of Animals to take you to Yellowstone.
6. Sense yourself within the yellow light of this portal.
7. See the animals of the world, each surrounded by yellow angelic light.
8. See the yellow light going into the minds of humans, helping to understand that animals are on their own soul journey.
9. See the people of the world honouring and respecting all animals.
10. Bring the yellow light from this portal back with you in your aura.

~ The Cosmic Pyramids ~

At the end of Atlantis, six of the High Priests and Priestesses took with them the wisdom and knowledge to build cosmic pyramids, which are cosmic computers, generators and substations for the universe. These pyramids hold the wisdom of the universe. They were programmed to wake up the fifth-dimensional kundalini of the planet at the cosmic moment so that it would rise and open the fifth-dimensional chakras of the planet. These are the six pyramids:

- The High Priest Apollo created the cosmic pyramid in Mesopotamia (Iraq) to bring everything in the cosmos into resonance and harmony again. Those living in the Middle East have felt the high frequency energy, which has called to them to set themselves free.

- The High Priest Poseidon created the cosmic pyramid in Greece, under the Parthenon to help our minds develop to a level where it can heal the body. It also contains much knowledge about the stars and tides, farming and healing.
- The High Priest Zeus created the cosmic pyramid in Tibet to spread peace and silence to enable us to experience compassion, harmlessness and so bringing inner peace.
- The High Priest Thoth created the cosmic pyramid in Peru to enable us to understand the use of energy to bring everything into harmony, alignment and wholeness.
- The High Priestess Isis created the cosmic pyramid in the South Americas to enable people to truly love themselves and to access their divine blueprint and that of the planet.
- The High Priest Ra created the cosmic pyramid in Egypt to connect the six-pointed star from Earth to Heaven and Heaven to Earth.

Of these pyramids, only the Egyptian and Mayan ones remain in physical form. The others have been physically destroyed but are energetically active.

At the Cosmic Moment the kundalini rose as programmed. It woke up the Earth Star Chakra in London, which started to spin at a fifth-dimensional frequency. This started the other chakras of the planet spinning. When the energy reached the heart chakra in Glastonbury, it connected with the Cosmic Heart, Venus and ignited the crystal pyramids from the Dome of Atlantis, which are placed throughout the universe. This enabled the heart centres of all the planets, stars and galaxies in this universe to connect and will mean that they can all share love and wisdom. This will be complete by 2032.

The twelve planetary chakras awakened at the cosmic moment and the Stellar Gateway opened like a chalice to receive Source light that poured onto all of us.

SECTION 2

The Transition Period 2012 – 2032



CHAPTER 5

World Economy



For a long time the financial system of the world has been like a rotten log. When those sitting on it fell off, they tried to scramble back onto the same crumbling log instead of seeking a new sound one.

In 2007 the banking and credit crisis started, with banks collapsing and businesses going bankrupt. The whole system based on greed, gambling, corruption and trampling on the poor could not continue. Exactly in accordance with the time line predicted in the Mayan calendar, the economic structure all started to collapse.

Within twenty years the concept of lending non-existent money and charging interest on it will be considered breathtakingly arrogant and corrupt. The principle of rich and poor will be unimaginable. There will be no banks or financial institutions.

The way that the banks, financial institutions and many businesses work is not aligned to the highest good and must adapt to accommodate the new paradigm.

The economies are collapsing because the frequency of the planet has moved up a gear spiritually and the cogs of old and new are no longer in synch. In order for them to synchronize, the world economy must move at a faster frequency, in other words with more honour, openness, honesty and fairness.

The system will continue to collapse and evolve until an economic structure based on fairness and integrity is in place. Then this too will dissolve as money ceases to have relevance after 2032.

~ Redundancies or Unemployment ~

Where an individual's work is not allowing him to express his highest truth, his soul will move him out of the old job or business. This is happening now en masse, coinciding with the rise in frequency of many and the collapsing economies. However, nothing happens by chance, and redundancy or

unemployment is a wake-up call for all those affected. Their souls are prompting them to seek a living, which aligns to their higher purpose and brings them satisfaction. Those who raise their frequency and attune to the higher energies available will find their soul work, which will automatically come to them under the Law of Attraction.

By 2032 the majority who live in fifth-dimensional communities will occupy themselves in a way, which honours and respects their gifts and talents. For the first time since Golden Atlantis most people will enjoy soul satisfaction in their daily lives.

~ Trade after 2032 ~

During the twenty-year transition the challenges of travel in the new conditions will mean it will no longer be economically viable or sustainable to export food or goods around the world. Farmers will grow crops for local consumption, so that the vast acreage of mono-crops will be a thing of the past.

Some of those economies, which rely totally on exports, will need to be flexible and seek their inner strength.

Based on the current forecasts, by 2032 the world as we know it will have changed beyond recognition. There will no longer be international trade.

The new energies available will offer enormous opportunities for spiritual growth; so many more of those countries whose finances are currently based on exports will find their citizens are seeking spiritual enrichment instead. Because of this they will automatically attract to their higher frequencies all the abundance they need.

Because the majority in the world will be living in the fifth dimension, communities will be co-operating and sharing for the highest good, so there will be no need for money. Instead goods will be exchanged locally.

~ Big Businesses ~

These are the dinosaurs of our time. As the ethos of finance and business change, the huge businesses will continue to collapse. The companies that were household names will be memories by 2032. All companies that exploit people, animals or the land will disappear. Big supermarkets will be a thing of the past.

Only those companies that accommodate the changing frequency of the planet and operate for the highest good of all will survive, although in a

very different form from that of their current modus operandi.

~ *The New Business Paradigm* ~

This is based on creating or producing for the highest good of the community and the planet. As most people will be living at a fifth-dimensional level, there will be an emphasis on co-operation, seeing the best in others and empowering them, offering excellence and each person contributing in a way that makes their heart sing.

Those businesses that honour everyone concerned and actively promote the good of animals, the nature kingdom and humanity will continue to be successful during the transition period.

~ *International Co-operation* ~

Soon rich people will no longer feel able to sit back and allow children or adults to work in sweatshops or for slave wages to provide them with material goods. Led by the people there will be a huge move by richer countries to help those that are less fortunate, and this will help to balance the enormous divides worldwide.

By 2022 there will be massive international co-operation on many fronts and terrible working conditions will no longer be tolerated.

EXERCISE: *Visualization for World Harmony*

1. Sit quietly where you can relax in peace.
2. Close your eyes and breathe deeply.
3. Ask the angels to help bring you into harmonic alignment with the work that will satisfy your soul.
4. Imagine yourself doing work that truly satisfies you.
It may be something totally different from your current job.
Feel yourself happy, well rewarded and appreciated.
5. Spread this feeling to everyone you know and picture them happy in their work.
6. Now visualize everyone in the world in harmony with their daily lives. See them singing in their offices, in the fields or wherever they are.
7. Then open your eyes and smile.

CHAPTER 6

Power Supplies and Travel



~ *Electricity* ~

As people's frequencies rose in and after 2012 it played havoc with electricity. Keep backing up your computer! When an individual makes a leap in consciousness the changed frequency affects their electrical goods, which go haywire. I have often heard people complain that after reading spiritual books or going to workshops or starting a spiritual practice, they have to replace their televisions, toasters or light bulbs!

Later, as power becomes expensive and scarce, there will be blackouts and electricity cuts in many places. We will learn to co-operate and share resources, allowing buildings like hospitals to take priority.

~ *Oil and Gas* ~

By 2012 the sources of oil and gas that we are allowed to use without earning karma will have run out. This also applies to fracking and in many places the karma will come in the form of earthquakes.

The supplies that remain under the seas are required for the lubrication of the tectonic plates. The Universal Angel Joules, who is in charge of the oceans will not allow us to use this without dire consequences.

As oil stores dwindle travel will be more expensive and towns will build cycle paths. It will be safer and easier to cycle from place to place. Gas guzzling cars will not be viable and ecological forms of powering vehicles will be developed. More people will travel by public transport, especially by boat and train.

By 2032 fewer people will fly by aeroplane. However, soon after 2032 there will be fast clean ecological methods of transport available that we cannot yet contemplate.

~ *Sources of Eco-Energy* ~

As a world we will seek natural forms of power, harnessing that from water,

lightning, sun and wind. Naturally we will burn coal and wood but the increasing understanding that these are finite resources and the realization of the importance of trees will make this less acceptable. We have become used to using plastic and oil based materials for just about everything. Already many countries are cutting down on the use of polythene bags but this is just a drop in the ocean. We will get used to old-fashioned ways of handling and constructing many things, until we develop new and ecological methods.

More technologists will unconsciously and consciously work with the angels and other high beings to bring forward new forms of ecological power. These will include crystals, earth magnetism, pyramid power and plant energy amongst others.

We will eventually be able to harness energy from the oceans for the use of everyone on the planet but this depends on international peace before it can be developed.

And by 2032 we will be more in charge of the weather, in particular rainfall. For this too we need much higher consciousness and international co-operation and friendship.

As people will live in smaller communities, life will be much simpler and we will value the limited resources of the planet. This change in consciousness will allow the new to come in. Soon after 2032, if it has risen as anticipated we will be able to use sources of power that are currently beyond our understanding and will not harm our planet in any way.

~ Nuclear Power ~

Nuclear power stations will continue to be built and there may be accidents. It is appropriate to hold everyone connected with them in the light.

~ Travel ~

People have always wanted to travel. The desire to expand their horizons by visiting other parts of the world is inbuilt into many souls. However, the fast forms of transport will be less available and former more adventurous types of travel will once more be used. Trains and boats, bicycles and walking will become popular forms of locomotion once more. On one hand travel will be easier as international boundaries will become much looser. On the other, lack of fuel will limit travel until the new begins in 2032.

~ Travel after 2032 ~

Soon after this, individuals will be able to travel with their own little mini-helicopters. Distances will be covered at huge speed in big flying and hovering transport vessels. People will laugh at the old-fashioned internal combustion engine.

My aunt was born in 1911 and lived for nearly ninety years. She told me that as a child she travelled in a horse and carriage. In her life she was transported by bicycle, car and jet plane. She saw space rockets on television taking aeronauts into the unknown. From horse to space rockets in one hundred years will seem insignificant in comparison with the advances in methods of travel in the next twenty-five years!

EXERCISE: *Pay Attention to What You Consume*

For twenty-four hours pay even more attention than usual to the planetary resources that you use, and constantly bless and give thanks for them all. For example, be aware of the electricity you are consuming, notice where the food you purchase has come from and watch the amount of water you use.

CHAPTER 7

The Cleansing of the Planet



Periodically throughout history parts of the planet have been purged of negative energy, when something new and of higher frequency was to evolve there. The purest places are always those where there has been ice and snow for a long time. Before Golden Atlantis emerged, there was an ice age, which purified the land. It is forecast that another ice age will occur in about 300 years.

Based on the current consciousness, by 2017 Mother Earth will start a major programme of detoxification, throwing off negativity created by the physical and emotional poisons we humans have dumped into her.

Between 2012 and 2032 all the dark places on the entire planet are to be cleansed, and Earth can then raise its frequency and ascend to take its rightful place in the universe once more. The more light we humans bring through us into the Earth, the less purification will be needed. We have the power to change all the possibilities into a gentle transition.

Water has cosmic cleansing properties and was chosen to wash New Orleans where the Earth itself holds the pain, anger and fear of slavery. In this case the flood in August 2005 was also a reminder that all are equal in the eyes of God.

Where cleansing takes place we will regard the destruction with human eyes as horrific. But it will open the hearts of all.

People will start to see their common humanity rather than their cultural differences.

Previously warring countries will be filled with compassion for their neighbours and offer help for the greater good. International boundaries will be relaxed as people co-operate and learn to understand each other.

The tsunami in the Indian Ocean, was also a major piece of purification and in *Angel Answers* I discuss how the Intergalactic Council started planning this well in advance. A cosmic invitation was broadcast throughout the universes for souls to incarnate on a cleansing and healing

mission on Earth. Thousands who recognized the great opportunity for service and spiritual promotion responded to the call. Naturally, as soon as they incarnated and went through the veil of amnesia, they forgot their purpose but, at the predestined time of 26 December 2004, they gathered in specific places. These special souls agreed to soak up into their energy fields the negativity of lust, greed, power struggle, poverty consciousness and so on held within the Earth. And on that day the tsunami bore them all into the light together, carrying the toxins with them. Each received a spiritual reward. Only those who had at a soul level agreed to pass over in the 'catastrophe' did so and there were millions of angels waiting to welcome them home with great joy and delight.

As with all major disasters, the watching world opened their hearts with compassion, love, empathy and a desire to help. Those whose lives were turned upside down when they lost loved ones or their livelihood or home, learnt lessons, repaid karma or were offered an opportunity to develop courage, selflessness, co-operation, caring and a hundred other higher qualities.

It is helpful to understand the spiritual perspective but it does not mitigate the grief and loss that may be experienced. The heartfelt prayers of the masses throughout the world in response to the traumas will draw forth assistance, comfort and intercession from the divine realms. And as Earth undergoes its healing crisis, we need to pray constantly for the planet, nature, the animal kingdom and all the people here.

The incidence of natural disasters is expected to continue and intensify especially between 2017 and 2022. They will happen in the anticipated places but also in many unexpected ones. The cleansing will be worldwide.

Mother Earth will use earthquakes, floods, fires, volcanoes, hurricanes and other weather conditions to cleanse and draw attention to systems that need to be changed. Even an epidemic can be utilized for clearing, where the sick people absorb the energy of the disease as well as some of the fear of the area. Those who have a soul contract to pass over into the light take the negativity with them to the higher realms for transmutation.

If enough people have awakened their twelve chakras so that Source energy pours through them into the Earth to heal it, less cleansing by the forces of nature will be necessary. You can also help the healing of the planet by working with the elementals.

Out of the ashes of the old a new way of being will arise like a golden phoenix.

~ How do you Ensure that you are in the Right Place when Cleansing Occurs? ~

Archangel Metatron, the mightiest of the angels, has undertaken the task of ensuring that everyone is in their pre-destined place during the changes.

Some individuals, families, communities or soul groups may have decided to pass over together, like butterflies emerging from their cocoon into the light. Metatron will assist them to be in the right place for this to happen.

Only those who are afraid of death or do not understand the joy of being in the light or can only see this from a human attitude may resist this. The angels assure us there is nothing to fear.

A friend of mine in her late eighties has seen many in her age group and younger die. She always says to their relatives, 'Lucky them. Poor you!' She is highly evolved and recognizes that while on Earth we are like birds in a cage. It is when our spirit is released at death that we are truly free.

If your soul has undertaken that you will remain in your physical body to help others or to continue your experience, then Archangel Metatron will guide you. It is helpful to listen to his promptings!

Just reading this paragraph will help you to attune to him.

You can pray that you are able to follow your guidance to be in the right place at the right time or you can actively connect to Archangel Metatron to assist you to hear his message. The more often you practise this, the stronger your connection will become, even though you may be unconscious of it.

EXERCISE: *Connecting to Archangel Metatron*

1. Find a place where you can be quiet and undisturbed.
2. Sit quietly with palms up in a receptive position.
3. Breathe in a beautiful orange light, Metatron's colour, and on the outbreath sense your aura filling with this energy.
4. Relax as you visualize orange light glowing around you.
5. Invoke Metatron with the words. 'I now invoke the mighty Metatron to connect with me and touch me with his light.'
6. Be quiet and still. You may receive a touch, impression, special thoughts or whispers or you may simply feel calm.

7. When you feel the time is right, thank Archangel Metatron and open your eyes.

CHAPTER 8

Weather Changes Worldwide



Throughout the world the weather patterns are changing and this will become more marked after 2012. Between 2017 and 2022 the worldwide weather is forecast to be unstable coinciding with more earthquakes and floods. After 2022 the disasters will stop and there will be calm. Collectively we have the power to change the forecasts. If enough people bring in the light, together we can turn a hurricane into a breeze.

~ Europe ~

If the current consciousness continues, there will be much flooding in Europe; mostly where the land is low and flooding is already widely expected. Unless the people who live there make determined efforts to raise their frequency and bring healing light down through them, most of these places will be under water by 2022. However, areas that have never flooded will be vulnerable as the purification continues.

There will also be earthquakes and more – particularly volcanoes – occurring in unexpected places. In addition, some gales, hurricanes and worse forest fires than we have previously experienced will arise.

~ Australia ~

In strange juxtaposition parts of Australia will become much hotter and parts will be flooded. There will be huge areas that are uninhabitable – more than there are at present but this will all change after 2027.

~ The Indian Continent ~

There has always been flooding in parts of the Indian continent and this will continue and get worse.

~ Africa ~

As in Europe there will be expected and unexpected floods, volcanoes, gales and forest fires. Weather will become more extreme here as elsewhere.

~ *Russia* ~

A lot of snow will be melting in the vast cold regions and this will result in flooding.

~ *Israel, Iraq and Iran* ~

There is much clearing to do in these countries as in all war-torn areas of the world. Earthquakes will occur as Mother Earth releases the energy of cruelty and inhumanity. This will help to open the leaders up to compassion and understanding.

~ *China and Japan* ~

Both these countries can expect cleansing through earthquakes and floods.

~ *Next Ice Age* ~

Another ice age will cover the planet in approximately 300 years in order to purify it to a higher level again.

~ *Polar Shift* ~

This is not expected within the next 100 years.

EXERCISE: *Weather Visualization*

Have you ever sat outside on a dull, cloudy, rainy day and visualized a patch of blue sky appearing, then the sun coming out? Or intensely focused on a cloud forming and rain falling? And it happens. These are the powers of the mind we all have.

As weather becomes more extreme everywhere it will be helpful if people do this for the highest good.

You can do this inside or outside, just as long as you relax your body but focus your mind. Do it if you hear of drought in a part of the world where people are desperate for rain to water their crops or to help dry up floods.

1. Sit quietly and relax your whole body, breathing into any parts that are tense.

2. Imagine a soft white violet light filling your mind.
3. Think of the place that you want to focus on.
4. Then as vividly and clearly as possible imagine blue sky appearing, which sizzles up the flood or a black cloud forming from which rain falls onto the fields or gardens.
5. When you have finished thank the angels for bringing this about for the highest good of all. By doing this you are offering an act of grace.
6. Open your eyes.

CHAPTER 9

Fifth-Dimensional Communities



Where areas have been cleansed small fifth-dimensional communities will be formed and here people will live together for the highest good. When I asked about the governing structure of these places, Kumeka was clearly perplexed at my stupidity. He indicated that by 2032 people will be attuned to each other, many communicating telepathically, so there will be no leader, just Oneness.

By 2032 words like 'decision' or 'leader' will not be required because the inhabitants will be living harmoniously and mostly telepathically together so choices will evolve automatically for the benefit and satisfaction of all.

During the twenty-year transition period a tremendous opportunity is being offered to all those souls who are willing to accept it, to live in a co-operative way, working together for the highest good as we build communities for the Golden Age. It is anticipated that individuals and groups will accept this challenge with humility, so that the new will come in without the constraints of ego. And the more prepared we are the more easily we can make the transition.

With the decline in supermarkets and long distance deliveries, self-sufficiency will be the order of the day. Local areas will grow local food. People will learn to cultivate that which is suitable for their climate – and by 2022 this may be different from that which we are used to as the weather becomes more extreme.

There will no longer be pesticides sprayed onto all crops and the food will be healthier. Communities will support each other as they co-operate and experience how to live naturally once more.

Because many people will have opened up spiritually and psychically they will be seeing angels, fairies and other elementals. Gardeners and farmers will be communicating with the elementals who help the plants to grow – and learning from them. People will see with their own psychic eyes the difference it makes to crops when you bless the water.

They will discover the bounty that nature bestows if treated with respect

and love.

When I started my vegetable garden I knew nothing about growing them but every day I blessed the ground and then the seeds when I planted them. Every morning I threw open my back door and thanked the angels and elementals for helping me. I humbly asked them to guide me and prompt me when things needed to be done.

It seemed no time before I had a cornucopia of wonderful vegetables filling the patch. I had a blip when I started to write this book. In my old way I focussed entirely on it and shut out the elementals. Within two days there was an infestation of black fly. Then I tuned into the elementals once more and exchanged energy with them. They told me to bless the plants, wash all the black fly eggs off the leaves with soapy water and then as long as I continued to engage with them, they would protect the plants from such pestilence. I humbly followed their instructions. It took hours to wash the plants and every time I went away for a few days the black fly returned and I had to start again.

Most important of all, I felt a sense of peace and fulfilment I had not experienced for years. My Earth Star Chakra developed in this time, allowing me to accelerate my ascension pathway. And this is what will happen worldwide in the new communities.

Kumeka has assured me that when I get the energy right, the elementals will totally protect the plants and vegetables from all pests and marauders. I still have a way to go but I'm learning.

Because everyone is working for the highest good of all in the fifth-dimensional communities, the older generation will once more be honoured and people will listen to their wisdom. With good organic food, cleaner air, pure water, more peace and quiet, higher frequency satellite communication and a good feeling of belonging, senior citizens will once more become healthy, alert, alive and useful – and this will raise the consciousness of all.

A general feeling of contentment, love and happiness will keep people healthier. Much of the deeply entrenched karma that has kept people stuck and often ill will be dissolved. It was this which necessitated the use of medical drugs for survival. Local medical care, with a return to natural medicines, especially herbs, and a healthy attitude will prevail.

Fifth-dimensional communities engender a sense of belonging, caring and co-operation. Open-hearted exchange and sharing promotes togetherness, generosity and higher love. Creativity of all sorts is encouraged, as is spirituality and Oneness.

As the veil between the physical and spiritual worlds lifts there will be a feeling of Oneness with animals, plants and fellow humans. People will

begin to remember and feel their brotherhood/sisterhood. This will contribute to the success of small communities with a sense of belonging.

Soon after 2032 new golden cities will arise like Phoenix from the ashes.

EXERCISE: *Cities of Light Visualization*

1. Sit quietly for a few moments and relax.
2. Picture the whole world in front of you.
3. As you look at it spots of light are appearing everywhere.
4. These points are shimmering with golden light. Each point of light is linked with a thread of gold.
5. Bless these golden cities of light.
6. Then see the light from these fifth-dimensional cities shining out into the universe.
7. Give thanks for their service and slowly open your eyes again.

CHAPTER 10

Working with Nature



At last humans are starting to recognize the wisdom of the indigenous tribes who worked with and encouraged nature. They honoured the natural world, loved and respected it, with the result that it yielded its generous, abundant bounty and contributed to the health of all people and animals.

The damage most humans have done is enormous. The sooner we all start to listen to the voice of nature and respond to it, the more healing we can do on Earth and the easier our transition into the Golden Age will be.

Those who connect with the nature kingdom during the transition period will receive extraordinary guidance and assistance from the myriad of unseen beings around us. By 2032 everyone within the new fifth-dimensional communities will be very aware of and grateful to its many aspects that we currently ignore.

~ The Nature Kingdom ~

The angel in charge of the whole of the nature kingdom is the Universal Angel Purlimiek, who is a wondrous, luminous pale green blue colour. He co-ordinates with many of the other Universal Angels and Lady Gaia to keep Earth in balance and harmony. He is in charge of the elemental masters and the elementals.

The elemental masters vibrate between the fifth-and sixth-dimensional frequency, while the elementals frequency is mostly of the fourth dimension. Some fairies, goblins and all the tree elementals called warburtons are fifth-dimensional. As we raise our frequency and open up psychically and spiritually we will automatically see or sense the millions of creatures who are helping nature to provide for us. When we understand the role of the elementals and the importance of what they do, we will start to co-operate with them. This could have a huge impact on the regeneration of the planet to help us all during the coming decades.

Elementals are nature spirits who look after the different aspects of the natural world. They may be of fire, air, earth, water and, according to

Chinese wisdom, wood and metal. They look after the soil, the trees, the plants, help with photosynthesis, cleanse earth, air and water and do a million other jobs to keep the organism of Earth alive. They are light and fun loving.

Recently we have been sent many Orbs of angels carrying an elemental. We have also seen a number of angel Orbs on people's crown chakras with an imp or a pixie inside it. This is to encourage the person to open to his higher self in a happy, light way. Fairies can often be seen in angel Orbs around children, cheering them up and lightening their spirits.

They are called elementals because they do not have the full complement of elements that animals and humans do. Many of them contain one element only and others combine one or more elements.

~ Elementals of One Element Only ~

- **AIR** – fairies, esaks and sylphs.
- **EARTH** – pixies, elves, goblins and gnomes.
- **WATER** – mermaids, khyhls and undines.
- **FIRE** – salamanders.
- **WOOD** – warb-urtons

~ Combined Elements ~

- **IMPS AND FAUNS** contain the combined elements of earth, air and water.
- **DRAGONS** can be earth, air or fire or a mixture of two or three of these elements.

Just because they contain fewer elements than we do, it does not mean these beings are not evolved. They have simply developed differently from humans. They are of the angelic hierarchy and take their colours from the angels with whom they are connected. Many of the earth elementals are green or green blue, which is a reflection of the ray on which the Universal Angel of Nature, Purlimiek, works.

The colour vibration of flowers is connected to Archangelic energies and the fairies bring those vibrations to the blooms they are tending. For example if a pansy is to be golden yellow the fairies in charge of it blossoming will connect with Archangel Uriel and his deep golden yellow energy. Then anyone seeing those particular pansies will be subtly touched

by Archangel Uriel's energy.

The fifth-dimensional fairies are mighty beings, not the naughty creatures we have been taught, though they are light and fun. While the angels, archangels and unicorns are undertaking projects to help the planet, these fairies hold the energy in place. They often continue to do so when the higher beings have finished their work and moved on.

Vegetables have a flower and its colour vibration will ultimately be absorbed into the fruit. For example, a courgette (zucchini) flower is deep yellow, the colour of courage and wisdom, so if you eat one it will affect your subtle bodies with these energies.

Certain elementals are very evolved, like the fifth-dimensional wood elementals, the warb-urtons. Wood holds knowledge from this planet and from the stars and the warb-urtons help to spread it. They are tall, mostly about 4ft (1 metre 20 cms) and they live in trees which have reached a certain size and level of wisdom. When you walk among mature trees, you can be sure that the warb-urtons are trying to communicate with you if you are ready. So try to be quiet and listen to any information they are willing to impart.

When the weather patterns change and Lady Gaia starts cleansing her planet in earnest, there will be much more for the elementals to do. (They are already pretty busy). We humans can help them by appreciating their work, listening to their guidance when we are growing plants and tuning into their wisdom. We can also keep steady and focussed, so that they remain calm.

In difficult times the Angel of Nature, Purlimiek, sends his angels to help the elementals. The angels hold the energy and encourage them to help plants, the soil or the waters.

As an example, fauns who are elementals of earth, air and water, help to balance the energy of forests and woodlands through the process of photosynthesis. As more of our heritage is chopped down they need hope and inspiration, which is provided by many angels. Those humans who understand the elemental world can help too by thanking them and also by sending prayers to uphold them. Walk in the woods and notice what a wonderful effort they are making and this will encourage the fauns. You may even see them dancing in between the trees.

~ New Elementals ~

The Universal Angel Butyalil, who is in charge of the cosmic currents affecting Earth, together with the Angel of Nature, Purlimiek, recently

invited several new elementals to our planet to help with its purification. Kyhils are cleansing the waters and esaks are purifying physical and psychic dirt here. Other elementals have arrived to clear woodlands of fear. They all come from other universes and in exchange for their service here they receive an opportunity to experience Earth and to take their learning back to their home planets.

These newcomers to Earth have arrived in the last few years to prepare and purify the planet for the new Golden Age.

~ Poseidon and the Elemental Masters ~

Working with Universal Angel Purlimiek is the great master Poseidon, the strategist who is planning and managing the cleansing operation. If a storm, hurricane, earthquake or some other form of purification is required, he calls on the appropriate Elemental Master who commands his elementals to take action.

- The Elemental Master of the air is Dom, who orders the sylphs to raise wind.
- The Elemental Master of water is Neptune and he tells the water sprites, mermaids and kyhils to move the waters.
- The Elemental Master of fire is Thor, who invites the salamanders to fan fire.
- The Elemental Master of Earth is Taia, who asks the pixies, elves and gnomes to shift the Earth.

However, if an earthquake is needed to release negativity deep within the Earth, Lady Gaia and Poseidon consult together before they give the orders to the elementals to cleanse an area thoroughly but respectfully. Elementals are very open to the emotional energy of people and when there is a great deal of fear, this whips them into a frenzy, which is when great damage occurs.

Humans have a role in helping to mitigate the impact of some disasters. Your prayers, visualizations, blessings or communication may change the course of events somewhere.

EXERCISE: *What You Can Do to Help*

1. Bless the ground where crystals, coal or anything else has been dug out.

2. Communicate your gratitude to the nature spirits. Just sitting quietly on your lawn, appreciating your garden helps them. Actively thanking and blessing them for their work is even better.
3. If you are gardening, mentally ask the elementals for guidance and then follow your intuition, which is how they communicate with you.
4. Hug a tree and listen to any message it has for you.
5. When weather conditions are inclement, stay calm and soothe everything with pale green-blue light.
6. Grow and buy organic vegetables.
7. Walk on the earth in bare feet. This will also help you ground yourself by connecting more deeply with your Earth Chakra.

CHAPTER 11

Bees



I remember golden days, sitting in meadows full of wild flowers, drowsily listening to the buzz of fat yellow-and-black-striped bumble bees and the drone of honey bees as they collected the nectar. Now they are quietly vanishing, abandoning their hives and returning from whence they came.

Bees originate from the Pleiades. They came in the days of Golden Atlantis to learn about the sweetness of life and to serve us by pollinating flowers. They taught us about aspects of sacred geometry and demonstrated an ordered community life with harmonious industry. They were even prepared to share some of their honey with us.

Without bees we cannot survive on Earth. We rely on them to pollinate our plants and trees.

For thousands of years we have exploited these generous, industrious creatures. We have taken their honey, which they produce to keep themselves strong and healthy over the winter months and fed them a poor substitute, polluted their land and moved them constantly. Even worse we have set up satellite broadcasting stations, which confuse them and undermine their resistance. They are deeply stressed, leaving them prey to the varroa destructor mite.

~ What Will Happen to the Bees? ~

It is not too late to change the way we treat them and the planet but it soon may be. We have to raise the conscious awareness of as many people as we can to the plight of bees and many other creatures that are essential for the survival of Earth in its current form.

The most hopeful forecast is that by 2022 there will be a change in attitude worldwide so that pesticides will be discouraged and in many places banned. The severe weather conditions in many places will damage the proliferating satellite stations for mobile phones, computers and other forms of communication. Our attention will be on other matters and they will not all be replaced in the same form. There will be a growing

understanding of the needs of bees, dolphins, whales and other advanced life forms and they will be respected.

In that case the bees that survive will once more grow in numbers and in happiness to continue their journey on Earth.

~ So What Can We Do? ~

The glue that makes us all part of the Oneness is love. Your consciousness impacts on and can profoundly affect the physical, emotional, mental and spiritual bodies of all beings. If all people of good intent on the planet took responsibility for their thoughts and emotions, and directed them towards perfect health and well being for all, the consciousness of our world would rise overnight. There would be dramatic changes and our planet would become a congenial place for all, including bees, which would thrive.

You can make a difference. If you sat down for a few minutes each day and envisioned the bees happy, healthy and free, your vision would link with all the other positive pictures and send a message of hope and encouragement to all creatures of the world, not just the bees.

~ How Spiritual Connections Help ~

Our physical third-dimensional world is interpenetrated by beings of other dimensions, many of which look after us. Most people know that a guardian angel holds your divine blueprint and watches over you. You also have an overlighting Archangel who keeps an eye on you, to say nothing of many other angels, unicorns and beings of light who are waiting to help. You can always ask someone's guardian angel to lighten their burden, open doors or care for them in one of many ways. Your prayer then acts as grace and raises the frequency round the person in need, allowing their angel to step closer to them.

~ Bees and Their Spiritual Connections ~

All creatures receive spiritual guidance and assistance. The bees work very closely with pixies, who are earth elementals. Pixies look after the structure of the soil and also help the bees to pollinate flowers. In turn imps, who are tiny little 1 inch or 2.5cm tall elementals of combined earth, air and water, work with pixies. On a more cosmic level Lady Gaia is in charge of the earth of the planet and her soul encapsulates Earth. She is one of the highest beings of the angelic hierarchy. She works in harmony with Universal Angel Purlimiek, the angel of nature and they consult with the elemental masters

who give commands to the elementals, including the pixies. Every time you send love, encouragement, thanks and kindness to the pixies they will be able to more effectively help the wonderful, life-giving bees. Your gratitude and blessings will touch their souls and help our world.

EXERCISE: *Visualization to Help the Bees*

1. Light a candle.
2. Picture the bees, happy, respected, thriving and swarming back to their hives.
3. Visualize people everywhere truly appreciating them.
4. See the pixies laughing as they help the bees to pollinate the plants throughout the world.
5. Imagine them all bathed in beautiful pink love.
6. Blow out the candle and send the light to the bees and pixies.

CHAPTER 12

Trees



Trees offer so much to our planet and we need to value and appreciate them for their wisdom as well as for the use they have to us.

They are ancient wise beings who keep records of local history and form a network round the planet. Each species of tree has a different quality that it offers to the world. For example, if you wanted qualities of strength and sturdiness, you might intuitively lean against an oak tree. Remember that you can call on ethereal angels and elementals for help but you can also tune into trees for the assistance that you need and you will receive it in a very grounded way.

Large forests are keepers of ancient wisdom. They anchor it and help to hold the energy of the country in which they grow. They even bring in the light from other planetary systems and store it until we are ready for it.

~ Oak ~

Oak trees hold superb, strong, stable and sturdy energy. If you connect with one or sit under it, you will receive these qualities to help you. However they are starting to feel tired because there are now fewer of them to hold wisdom and strength. They need to be re-energized and humans can help to do this by appreciating them.

~ Ash ~

The delicate ash carries divine feminine wisdom and will happily impart this to you when you are ready. They grace many a ley line and help to soften and balance its energy with their gentle splendour.

~ Elm ~

These trees help you to be quick and powerful but also remind you to stay balanced. Currently their numbers are decimated in the United Kingdom and Europe as well as parts of America by Dutch Elm disease. This disease

occurred once before, in the 16th century. At that time a massive number of bodies of people who had died of the plague were buried on the ley lines. This affected those ley lines badly. Because elm trees are sensitive, those along the lines were affected first and this later spread.

When the energy in ley lines backs up because of a blockage in the flow, it stops the trees receiving the spiritual and psychic energy that they need. Elm trees are particularly susceptible. In current times, when the English Channel tunnel and the Dartford tunnel were dug out near to each other, it badly disrupted the flow. This is when the elm trees succumbed for a second time to Dutch Elm disease.

It is hoped that the high frequency light coming in will flush out the blockages or re-route the energy, so that the elms can flourish again. And as humans raise their consciousness we will be more aware of the needs of those who are co-sharing the planet.

~ Poplar ~

This fast growing tree is very dependable and teaches you to be dependable too so that others can rely on you.

~ Mahogany ~

This powerful tree radiates magnificence as well as reliability, strength and trust.

~ Beech ~

These beautiful, elegant yet sturdy trees help humans with forgiveness. Lean against a beech tree or visualize one and they will assist you to release hurt, trauma or deception through forgiveness.

~ Holly ~

The dark and prickly holly brings us the lesson: 'Do not judge by outer appearances.' There is a reason why people behave in a hurtful or rejecting way and it is to do with their feelings about themselves, not you. Remember this when you see a holly tree and it will soothe you.

~ Hawthorn ~

These prickly and sometimes scruffy trees offer you protection. They will

protect your home and garden and also you as an individual when you are inside that space. They are full of compassion and love but are mighty warriors when it comes to looking after their charges.

~ *Chestnut* ~

This is the tree that teaches us about abundance consciousness and playfulness. They offer hope and higher expectations, as well as joy and happiness.

~ *Plane (Sycamore)* ~

The plane trees are very sensitive and they empathize with human vulnerability, offering us protection from our own weakness. As they shelter you, they tune into your feelings and help you to feel better.

~ *Silver Birch* ~

This tree is very elegant, beautiful and flowing. Its gift is harmony and vulnerability, seemingly opposites, but together they open your heart.

~ *Fir and Pine Trees* ~

These trees both offer healing, rejuvenation and regeneration. They lift the spirits and purify you. Walking amongst them can restore your health and raise your consciousness to the fifth dimension if you are ready.

EXERCISE: *Visualization to Help Trees*

If you can, do this while standing or sitting under a tree or in woods or a forest. If that is not possible, visualize yourself leaning against a tree.

1. Touch the bark of the tree and through your fingertips feel what it is like. This is its skin or outer protection. Tune into how it feels inside and feel as if you have merged with the tree.
2. What are your roots like and do you feel you are held by them?
3. How sturdy is your trunk? Is the energy flowing freely from the roots?
4. What are your branches like? Do you have space to grow? Are you reaching up or drooping down? How does this feel?
5. Are you in leaf, fruiting, flowering? Sense how this is.

6. Breathe in the qualities the tree is offering you and accept this as a gift.
7. What does the tree need from you? Give it what you can.
8. Thank the tree and draw your energy away from it.
9. Notice how you feel.

CHAPTER 13

Population



Nearly seven billion souls have been allowed to incarnate during the end times because of the chance to balance karma and the incredible opportunities for spiritual growth available. The planet is bursting at the seams and this number is not sustainable for long. It would not be allowed if it were not for the extraordinary energies that can be accessed in the next few years. For a planet to move from the third to the fifth dimension in the space of one lifetime has been hitherto unknown. Furthermore Earth is the Everest of all experiences and it takes brave souls to apply to come here. For this reason Source has responded favourably to petitions from beings from all over the universes and agreed that we can all be here now.

The challenges thrown up by the current turmoil are enormous. This will intensify as individuals and communities will have to decide whether or not to open their hearts and include those worse off than themselves or to close their hearts and turn them away.

An early wonderful decision for the light was made by West Germany to embrace the population of East Germany when the Berlin Wall came down. They decided to take in their brothers and sisters, even though it would damage them financially. It was a truly spiritual decision, which has raised the overall vibration of Germany.

China faced a difficult decision as it became too overcrowded to survive. It decreed that couples could have only one child or else they would have burst under the burden of souls entering. This has created an interesting spiritual dilemma, for millions of souls worldwide have connected themselves to a mother, knowing that they would be aborted. Those souls chose that destiny because it offered them an opportunity to experience the Earth changes through the family they had attached to, even though they did not fully incarnate.

And then a divine paradox occurred. Many then became trapped in the aura of Earth. They experienced human emotions, feeling rejected and shocked when they were aborted, with the result that they could not find their way to the light. Currently millions of stuck souls are clogging the

energy fields of the planet, especially in countries where abortion is the contraception of choice.

Where an aborted, miscarried or stillborn soul is not acknowledged, it can profoundly impact on the mother and sometimes the father. If parents realized this they would create a little ceremony for the child to help it pass. At the very least they would light a candle for the soul, bless it and help it to reach the light. Once it has done so it can return to learn from the family without drawing on and draining their energy.

After 2032 in the fifth-dimensional communities all babies will be wanted. Parenthood will once more be considered to be the greatest spiritual responsibility an adult can undertake in a lifetime. It will be as it was in Golden Atlantis. If a couple is ready for a baby, they will meditate for the kind of soul they can best serve. Then they will invite one such spirit to connect with them and the act of intercourse will draw him or her to them to be conceived in the mother's womb. The baby will be welcomed and loved by the parents and the entire community.

Once a person has incarnated they cannot die unless their soul and Source agrees. However, in these incredible times the Godhead has determined that millions can pass over, each taking a little of the planet's negativity with them as their service work.

The population is scheduled to drop considerably over the next twenty years. Fewer will choose to be born and many will make choices to move on, often with friends and family, to experience another planet or plane of existence. This is another reason we will once more be living in smaller, co-operative communities.

Because there will be many challenges involved in the forthcoming changes, people will open their hearts and want to help each other. As a result massive international co-operation will take place wherever there are natural disasters. Countries and races will start to understand that the differences are only skin deep. They will begin to honour and respect each other's cultures.

By 2032 there will be a loosening of international boundaries and peace will prevail over much of the planet. We really are moving through the healing crisis into a different world.

EXERCISE: *Helping Stuck Souls to Pass*

This will help to clear the energy fields of Earth and you will need to put on psychic protection because many of the stuck souls are needy and may attach to you. The whole purpose is to point them to the light, not keep

them with you!

1. Light a candle and dedicate it to helping many souls to pass.
2. Ask Archangel Michael to place his deep blue cloak of protection over you. Sense or feel it happening and zip it up from under your feet to your chin and then pull the hood up and bring it down over your third eye at the front.
3. Invoke the Gold Ray of Christ to protect you. Do this three times and sense the protective energy forming round you.
4. Mentally form a column of light from you to the heavens. Make this as bright and powerful as you can.
5. Call in Mother Mary and her angels. Ask them to bring stuck souls to the light and help them rise up through the light to the heavens. You can name a particular place or country if you wish to. Lost souls tend to congregate in cities.
6. You may have a sense of people waving goodbye to you as they enter the light. You may even hear them thank you.
7. Invoke Archangel Gabriel to pour his pure white light over and through you to purify you totally and ensure no one has attached to you.
8. Thank Mother Mary, her angels and Archangel Gabriel.
9. You may like to play a singing bowl or other music to cleanse the room.

CHAPTER 14

Children



It is now forecast that by 2032 24% of babies will be born with their 12 strands of DNA active. This figure could be increased if there are enough high frequency adults to birth them and look after them appropriately. As more adults are opening their twelve chakras this may well be possible.

Because these children will be telepathic, clairvoyant, psychic on every level and have extraordinary gifts like the ability to apport, teleport, levitate, communicate with other life forms and heal, their parents must be able to understand and nurture their talents.

In Golden Atlantis each child was taken to the local priest who read their past lives and recognized the individual specialities the soul brought with them. Then their specific abilities were developed by the parents, the community and school, so that the child could do what he loved to do and did best. This was a recipe for happy, contented, fulfilled lives. By 2032 this will start to happen again and most people will feel more soul satisfaction than has been the case for thousands of years. As a planet we will start again to give children what they need rather than what we want for them.

~ Indigo, Crystal and Rainbow Children ~

A wave of souls has already come in from Orion, the planet of wisdom. These are the indigo, crystal and rainbow children, who are born enlightened. Unfortunately, because of the low frequencies around them, many close down to their gifts or withdraw part of their soul energy and become autistic. Some need space to exercise their energy and nature to balance and hold them. As this is denied them, they become hyperactive and often disruptive. They need to be surrounded by high vibrations, happiness, beautiful music and fifth-dimensional qualities, nurtured with pure, light food and water and truly loved.

These enlightened children have never experienced any planet other than their home on Orion. They have been prepared by their wise teachers to incarnate on Earth to help bring a wave of enlightenment to us. But

nothing can truly make a being ready for such a change in vibration.

The unicorns are trying to help these children and their parents can assist by talking to them about those mighty seventh-dimensional creatures, who are the purest of the pure.

Unicorns have a special empathy with enlightened children, especially those who have difficulties with their incarnation. They help them connect with their original soul intention and to ground it.

As we on Earth raise our frequency it will be easier for those from Orion to live amongst us. So there will be more of these high frequency children coming in during the twenty years after 2012 and they will have a big, positive impact on the consciousness of the planet.

The new wave of Golden children from Orion carry an angelic vibration and they are finding it easier to deal with the low frequencies of Earth by detaching and observing.

~ Star Children ~

There are many who are continuing to come to Earth from other universes, stars and planets. They bring many gifts though some are still coming simply to experience life on this plane.

Some of these have not been here before, and even some who have, will not be able to cope with the ethos of current schools. They are seeking peaceful ways of relating. Not only are cultures being mixed up but souls from many different parts of the universes are all intermingling in schools. This has never been honoured in our systems but in the future it will be. New movements will arise which teach them how to understand each other and to relate considerably. This will have a big impact on how children feel. They will have proper tools for expression.

These children need to be active and they will demand space, sport, time in nature and fun. They are very sensitive and attuned to the elemental kingdom. Many have huge compassion, which is another reason they find it so very difficult on Earth. Some are very connected to animals. They have a wealth of insight, feeling and empathy to offer us but many adults will find this hard to relate to.

When their families or teachers link into them at their right vibration then they expand, open their hearts and shine. But because they are so sensitive, if they are misunderstood they can withdraw and close down. Then you never see who they truly are.

It is really important to recognize this and we need to train teachers and

light workers to tune into them.

~ Wise Old Souls Being Born ~

Many wise old souls are returning to Earth now to help with the transition between 2012 and 2032. This is a time when communities need to be built up on a fifth-dimensional basis.

Because of the planetary cleansing taking place wise, compassionate souls are needed to comfort those who have lost homes or loved ones. Most importantly they are needed to be beacons that hold the vision of the glorious future for those who are despondent or have lost hope in challenging circumstances.

~ Souls Born through IVF ~

Children born as a result of In Vitro Fertilization (IVF) come from other universes and have never been to Earth before. They come without past life connections to members of their family. They are very special not only because they are so wanted but also because they are totally innocent, brand new to Earth. Because they are so pure and in their essence, they can tune into the needs of the parents and heal them.

With conventional conception there is a surge of emotion as the sperm meets the egg, to become the foetus. This emotion is not there to affect an IVF baby. There is a wave of such souls entering who have the ability to stand back and examine things from a different perspective. Many of them are like a breath of fresh air and will change long accepted things for the better, some on a family level, others on a global one.

While they will have been prepared for their journey on this planet, they may not fully understand it and may need assistance to do so.

I have a friend whose daughter has a much loved and wanted IVF-baby. We may never have met on Earth before but she has a very powerful cosmic connection with me, so we have a strong soul connection. I was due to visit her one afternoon soon after she was born but in the morning I heard her calling me, so I dropped everything and went to greet her with a cuddle.

~ Souls Born after 2012 ~

After 2012 the souls born will have a contract to serve in some capacity. Even if they only live for a few hours they will have agreed to help the planetary transition. They may bring in and anchor a special energy; or they

may take some negativity from Earth with them back to the spiritual realms for cleansing; or undertake some other task.

~ Education ~

In many parts of the world children are often considered to be chattels. Often parents expect their children to conform to their ideas and way of life and so they control them. Few truly regard their children as unique souls whose individual talents need to be nurtured. They are handed over to sometimes questionable or immature babysitters and put in schools where they may be bullied, crammed with boring and sometimes wrong information and where their souls are constricted and stultified. This will change.

As the twenty-year period unfolds education will become more suitable for children rather than the adults who administer it. Huge schools built on the model of a business for the ego gratification of the politicians will no longer be considered suitable for the future generations as it dawns on humanity that we need to cherish our offspring. Community schools will replace the old schools and children will flower.

They will be taught less of other people's ideas and their innate gifts will be drawn out more. Education will be right- and left-brain-balanced, with more creative expression and honest communication encouraged. These smaller local schools will allow contented, balanced and evolved children to emerge, ready for the Golden Age.

~ Music ~

Harmonious sounds bring individuals into harmony. In schools music will be played to heal and soothe children so that they can learn more easily.

EXERCISE: *Visualization to Help Children Everywhere*

1. If you can light a candle and play soft music.
2. Close your eyes and relax.
3. Visualize yourself in a beautiful meadow in the moonlight.
4. Suddenly a great white light appears and a huge, magnificent unicorn stands in front of you. It greets you and invites you to get onto its back. This happens easily and effortlessly. You feel totally safe.
5. Now you are aware of unicorns arriving from all directions, each one carrying a child. Hundred and thousands of children on their

unicorns surround you.

6. You, on your unicorn, are leading them through the universe.
7. You arrive at a vast hall of learning on the inner planes.
8. The children remain on their unicorns while a great being of light addresses them telepathically, reminding them of their divine missions on Earth.
9. Special angelic music is played and you can see the fear being lifted from the children's auras and rising like a dark cloud to be transmuted in the light.
10. Archangel Chamuel's angels of love touch every child and their hearts open and shine.
11. Archangel Michael is filling the hall with blue light and this is entering the children's auras.
12. Every child you have taken with you has been touched and helped. Now it is time to return. Again you lead the way back to the meadow.
13. This time you are followed by thousands of lights as the children's hearts radiate like beacons.
14. Back in the meadow, thank them for coming with you. Then receive their roar of thanks to you.
15. Watch them disperse back to where they came from.
16. Dismount from your unicorn. Thank it and watch it disappear, knowing it will come back whenever you need it.
17. Open your eyes, knowing you have done an important piece of service work.

CHAPTER 15

People Power



The world is starting to see the rise of people power. When individuals worldwide start to accept self-responsibility, they will make their own choices. Everywhere citizens are demanding freedom, honesty, peace and fairness. The old paradigm of leaders and led, rich and poor, authority and submission, adversarial politics or dictatorship, is losing its grip. Already co-creation and co-operation are becoming possibilities.

By 2032 the European parliament will have been swept away. Mugabe of Zimbabwe and the Ayatolla will have long gone and the people will remember with amazement what they endured. The Taliban and the last of the warlords will be disappearing soon after this date. Police states will be challenged everywhere. People will revolt against Big Brother spying, including all suggestions of microchips being implanted.

As the damage done by pharmaceutical drugs and processed foods really reaches the public awareness, people power will ensure that the former gentler healing ways and good food are once more embraced.

The public will demand that the secrets of the Vatican are revealed. Most importantly some of the original Scrolls of the Essenes, the tribe to which Jesus belonged, currently held within the Vatican will be returned to open view. People will see its spiritual emphasis and begin to understand the truth of Mary Magdalene, one of his greatest disciples who carries the divine feminine.

Because all secrets must be revealed, if some are withheld, the building housing the hidden information will be demolished.

There will be an international movement to ban genetically modified products and this will come about by 2022. As the spiritual frequency rises public pressure will result in cloning, some transplants and the use of experiments on animals being outlawed. There will be a grass roots movement back to natural and organic.

Worldwide organized crime will diminish and stop as populations raise their consciousness and a move towards Oneness flows across the planet. The Mafia and the Triads will be names of the old world and by 2032 people

will be surprised when they recall their activities. Much of their wealth and influence has been based on the drugs trade. As people become happier, enriched by their spiritual connections and feel they belong in their communities and on Earth, most will no longer turn to addictive supports. Instead their energy will be directed towards co-creating the new communities.

Inevitably there will be a few who cannot cope in the world and will seek mind altering substances as a crutch but their treatment will be very different as natural therapies help them to re-balance their chakras and community love holds them.

In the pre-2012 paradigm the masses gave their power to leaders and with it responsibility for their lives. In the new every individual will be treated as an important contributing part of society.

EXERCISE: *To Take Charge of Your Own Destiny*

This week notice how you take decisions in every area of your life. Do you defer to others or do you take quick clear ones? Be aware how you take responsibility for your incarnation. If you feel you are a victim or someone else runs your life, decide what you can do to become stronger. You may give power to the government, your doctor, your children, your partner, your boss or any number of people. Be in command and slowly, carefully draw that power to where it belongs.

Affirm: 'I am in charge of my destiny.'

CHAPTER 16

Initiation and Crucifixion



An initiation is a right of passage to a much higher level of evolution. There are seven stages and each soul with the help of the archangels chooses the test it most needs. The tests may be so severe that they involve the life or health of the individual. This means that the person gives something important in order to receive higher gifts of spirit.

The suffering involved acts as a cleanser and purifier at a soul level. Usually the person undertakes something for the collective and so helps many people.

Some people take several initiations in one lifetime. Others spread their journey over many lives. And a soul may choose to retake initiations even though they have done them before in previous incarnations. Remember it is the soul who chooses, not the personality incarnated on Earth.

Because of the opportunities for spiritual growth available now and over the next few years, many souls are undertaking these spiritual challenges. This is one reason why so many people seem to be having such a difficult time. Whole families often agree to go through initiations together. For example one member of the family having a serious operation, an accident, a sick child, losing a job or some other problem, may offer everyone in that group the conditions for their different initiations.

I still remember the horror I felt about John McCarthy being taken at gunpoint and imprisoned in Beirut by the Islamic Jihad. He was held captive in chains for more than five years. When I read his book about it, I couldn't bear it. I shivered with horror all the way through it. I knew he must be going through an initiation but I was more than surprised to learn that this was his first initiation! It felt such an appalling thing to go through.

On the other hand I felt very different about the capture and imprisonment of Brian Keenan and Terry Waite by the same group and later understood that they were both repaying karma.

The first initiation tests the physical body and results in spiritual awakening. The person who has undertaken it is now a spiritual disciple whether he

realizes it or not. For some people the actual initiation may be birth itself.

The second initiation involves taking charge of the emotions and is one of the most difficult ones to achieve. Sometimes it takes many lifetimes to master the emotional body and be ready for this challenge. People often think that the tests involved are karmic repayments when the person is really going through a spiritual initiation.

A lady I know whom I will call Annabel fell in love for the first time in her thirties. The man messed her about unmercifully and she had a one-night stand with his friend. She got pregnant and after much agonizing had an abortion. The trauma she went through was her second initiation and all the men involved played their part well in presenting her with the conditions.

Following the physical and emotional challenges comes the third one, the mental initiation. After that the disciple takes mastery of his thoughts and uses them constructively.

A friend of mine, Truda, a bubbly, bouncy, cheerful blonde, is passionate about angels. She is a Reiki Master and helps many people. One day she felt unwell and thought she had flu. A few days later she was getting worse and eventually was rushed to hospital. It transpired that she had a very serious case of blood poisoning and they did not think she could live. At this point she fell asleep and had a classic near-death experience.

She found herself going through a dark tunnel into the brightest light, full of angels. Here she was told she had work to do and must go back.

She was rushed to a different hospital for a life-saving heart operation. We were told they were going to remove a kidney, which was badly infected. Hundreds of people responded and were praying for her and lighting candles.

It transpired she was too ill for the surgeon to operate on the kidney as well as her heart, which was a blessing as she never did need to have it removed.

Kumeka told me that she was undertaking her third initiation. Through her physical and mental body she was clearing almost all the ancestral karma of her entire family since time began, which is an almighty undertaking. She was also passing some of the fear from Atlantis through her system.

Truda was desperately ill but she recovered with the help of a new heart valve, a multitude of prayers and massive help from the angels. For example, one day I was sitting quietly by my wood burning stove listening to Gregorian Chants. I lit candles and sat down to focus healing onto her. Suddenly a flash of the brightest and most awesome emerald green passed through me. It was Archangel Raphael taking the opportunity to come through me himself to give her healing. It was awe-inspiring.

I wondered why this was her third initiation, the mental one. Kumeka told me that it had affected her ideas of herself and the world. And indeed her life

changed. She became more peaceful and contented and opened up to new spiritual possibilities.

The most devastating initiation is the fourth one, known as the crucifixion. Jesus took his on the cross. It involves the offering of yourself at an emotional level and tests your deepest fears in order to lift some of the fear in the collective consciousness. It often involves rejection and loss on a personal and emotional level. However, on a spiritual level it is the gateway to something higher.

A friend of mine took this initiation by suffering the loss of both her sons and grandchildren, who suddenly moved away to the other side of the world. They had been her whole life. She had to adjust, and became a healer, devoting her life to helping others. A few years later she undertook another initiation through the illness of her sister.

My crucifixion lasted for nearly twenty years. Again it was to do with loss of everything I had known. Now I understand that the emotional trauma was an amazing opportunity for spiritual growth, which was orchestrated by my guides and angels. It presented me with the circumstances for my fourth initiation. At the same time it presented most of my family with an opportunity to undertake their second or third initiations.

What seemed like many shattered lives was, from a higher perspective, a huge spiritual opportunity. I bless everyone concerned. It also demonstrates graphically to me that no one can ever judge another. I had to let go of everything in order to let the angels into my life.

Some people have a very difficult time taking their fifth initiation, which is the preparation for the ascension path. This is where you have access to your Monad or I AM presence and sign on for cosmic service. This initiation was easy for me, as I had done it so many times in other lives. In response to feeling that this was the right time, I met two friends and we took each other through a meditation into the first stages of ascension. Interestingly one of them achieved it first, and then he helped us through.

The sixth initiation is ascension and for many this is relatively easy after the preparation they have undergone, though if you have read Elizabeth Haitch's fascinating book called *Initiation*, this is the one she failed. The consequences of failure are quite dire. In her case she had to start again at the beginning and learn the lessons of life. It was rather like a university graduate having to go back to kindergarten again. I know someone else who failed this initiation and had to reincarnate with great wisdom but no power to express it.

There is a seventh initiation. It is taken out of body after death and takes place during discussions about your next step. In order to pass it you must be willing to do that which is for the highest good.

EXERCISE: *Review Your Tests and Challenges*

Take time to examine the tests and challenges you have undergone to become the person you are. Have any of them changed you? Looking back on your life can you see yourself and other people differently knowing that you had to experience what you went through in order to get you where you are now?

SECTION 3

Forecasts for Individual Countries



CHAPTER 17

EUROPE

An Overview



~ Weather ~

Over the years the weather will change and fluctuate, some areas becoming much dryer, others flooding. There has been a great deal of pollution in some parts, and this will be cleansed slowly by the higher energy coming in and by many high-frequency portals here. Where land needs to be cleansed, this will mainly be achieved by flooding and all low-lying areas are at risk. We can also anticipate unexpected earthquakes, high winds and fires, even where they have never been evident before.

~ Economy ~

Economically, the masses will experience hardship as recession bites. Throughout Europe and elsewhere, people will be so enraged by the greed of the bankers that eventually this anger will boil over. Then governments everywhere will eventually curb the power of the banks. By 2020, people will be appalled by what was allowed to happen.

Also by 2020, individuals will no longer look to insurance companies for security. Self-responsibility will reign, and people will start to form self-help communities.

Here as in other parts of the world, by 2032 food and water will be more important than cash.

~ Spiritual Influences ~

Europe is in the charge of Archangel Raphael, the emerald-green angel of healing. This continent is constantly changing, so there are many different energies here. Spiritually, living in Europe shakes people up and opens their chakras, and this is enabling more people to connect with their guides and angels. It is a very interesting continent to live in for spiritual growth.

There are three cosmic portals opening in Europe. These will bring in

the Christ light and spread it across the continent.

The first is in York/Yorkshire Dales, United Kingdom, spreading a pure and gentle light.

The second is in Andorra, and this will particularly impact Spain with its high-frequency energy.

The third one is in the sea off the coast of Marseilles. Linking with the retreat of Mary Magdalene, it will powerfully influence the world, affecting the thinking of the masses with waves of divine feminine wisdom.

There are also many other portals and sacred sites fully opening throughout Europe, which will raise the frequency of the people quite significantly and quickly.

EXERCISE: *Sending Healing to Europe*

1. Find a place where you can be quiet and undisturbed.
2. If you can, light a candle and dedicate it to Europe being filled with peace, abundance, light and love.
3. Close your eyes and relax.
4. Visualize angels of love and unicorns filling the skies over Europe.
5. The angels are singing and the unicorns are pouring light down.
6. The light is touching every person and place like a cleansing shower.
7. See any dark places being purified.
8. Thank the angels and unicorns.
9. Open your eyes.

CHAPTER 18

Forecasts for Countries of Europe



~ Andorra ~

The 26th cosmic portal carrying the Christ energy is found in the mountains of Andorra. It has been sleeping and will be opening in 2012. This portal is under a fire sign and it is guarded by dragons, who are fourth-dimensional elementals. They are here to offer eternal strength and protection to those who have courage in their hearts. Those who are worthy will find that the dragons become their friends and companions, who will guide their evolution and bring them prosperity. They will spread an understanding of abundance in accordance with spiritual law for the highest good of all.

People throughout the world will tune into Andorra to connect to the fire dragons and to work with them. This portal will affect each person differently. Tune into it when you are ready and it will show you who you truly are. It will also introduce you to the wonder of space, the universe and the spirit world.

This higher energy will cleanse and purify the corruption and negativity that has been associated with Andorra. Then the beauty and dragon energy within the mountains will enable the country to shine and be truly abundant. By 2022, it will find its true soul expression.

~ Austria ~

The culture and beauty of Vienna brings light to this charming country. The economy has been sensibly handled, so there is not too much financial karma. For many years this country has feared being manipulated by Germany and by guilt over their role in World War 11. However, due to spiritual work offered by many bright lights in this country, the karma has now been dissolved and Austria radiates a high and pure light for the future.

In the mountains of Austria, the energy is pure and clear, and the forests of this country are holding the light and are bringing in wisdom from the

stars.

Sound is held within the mountains of the world. This is especially true of the Alps in Austria, as this country is particularly in tune with sound, and this will spread healing and high frequencies around the world.

Throughout much of Austria, there is a homely feeling as family is important. Because of this, fifth-dimensional communities will start easily here. There will be a relatively easy transition, and after 2032 Golden Cities will rise up.

~ Belgium ~

The heavy energy of this country is starting to become lighter as decisions are taken and people are becoming clearer about their objectives. Archangel Gabriel is trying to place a diamond of clarity over the country but many are still focussed on self rather than the common good.

In addition, Archangel Raphael is pouring in love to open the hearts of the people and heal the memories of the past. It is still quite possible that flooding will cleanse and purify the land.

~ Bosnia ~

This beautiful country has been bullied and scarred by genocide, incurring world karma. Much cleansing and healing is still needed but a rapid change is taking place in the consciousness of the people and the land itself is starting to shine. The angels themselves have poured light down the ley lines to enable the wisdom inherent in the earth to be triggered again.

Many archangels, especially Archangel Jophiel, angel of wisdom, have visited this country and touched it with hope and promise. This is giving the people confidence and a feeling of self-worth again.

The people of Bosnia want to experience independence and individuality before they move into fifth-dimensional communities but the beautiful mountains will eventually host a glorious golden city.

In previous writing I asked people to invoke the angels of love, peace, abundance and joy and ask them to sing over Bosnia to help redress world karma. The response was huge and heartening and the angels wish to thank those who offered this service.

~ Croatia ~

The fear that hung over Croatia is beginning to dissolve as the angels pour

in love and light in response to the prayers of humanity. Healing is taking place in the soul of the country, enabling it to step into freedom of spirit. The long coastline is helping to purify the land. By 2032, it will be a fifth-dimensional place to live in and the people will automatically attract abundance.

~ Cyprus ~

Cleansing has already started in Cyprus. The mudslide of 2009 was intended as a wake-up call. The bank bailout that cost its citizens so dear was also a wake-up call to the whole world. It demonstrated that only money that has a pure energy will be supported by spirit. All else must collapse.

Many of the people here are angry and this can work in two ways. If it becomes passive and depressed it will corrode; but it can be an energy that leads to change. Hopefully recent events will inspire a new way of working together.

Because the High Priestess Aphrodite is very connected with this island, it is expected that her love energy will spread peace and a sense of brotherhood/sisterhood, leading to change for the highest good. Then the country can flow into the fifth dimension.

~ Czech Republic ~

Nestling in the heart of Europe this country has endured centuries of abuse. Now at last the consciousness of the people is changing as they connect with their magnificence and worth. Forced to travel widely to work and bring home finances, the people have also enriched their confidence and self-belief.

In addition, the opening of the cosmic portal off the coast of Marseilles will affect this country considerably, bringing in the gentler wiser energy of the divine feminine. So will the expansion of the portal of Lourdes, for Mother Mary's healing light will enfold the Czech Republic in love and peace.

The snow-covered mountains have helped to keep the energy here as high as possible. It was forecast that melting snow would cause flooding which would cleanse the karma in the land but as the consciousness of the country changes they may well heal the karma with the benevolence of their thoughts.

~ Estonia ~

The land in Estonia is still grey after the dependence of the past but the people are starting to shine and this is rapidly affecting the land itself. Many beautiful angels are bringing Source energy directly from the thirty-third cosmic portal in the North Pole to this country. It is also affected by the gentle energy of illumination from the York cosmic portal and the huge amounts of love and generosity pouring in from the cosmic portal at Omsk.

~ France ~

Because much of France is rural, the greed and corruption mainly found in cities has been contained. Those people who live a simpler lifestyle will find the transition years easier than those who dwell in cities, especially if they are already self-sufficient. Many will flock to the French Alps where people will awaken and even start to hear angels singing.

A huge spiritual opening is expected for France. Under the water off the coast of Marseilles, a new cosmic portal has opened which will encourage strong, supportive relationships and enable people to be receptive to new spiritual understanding. Those living in the countryside will open their hearts to the town dwellers who are displaced in the cleansing, which needs to take place.

Marseilles also holds the retreat of Mary Magdalene, which contains her pure bright yellow energy and opens people up to love.

In addition, the vast and wondrous Universal Angel known as Mother Mary has her retreat at Lourdes. This was flooded in 2013 to wash away all lower and unhelpful links to central control from the Vatican and allow her energy to radiate pure and bright from here. Her influence is already felt in France but it will become even stronger, and healing, compassion and love will spread from this area. The influence of these portals will soften the resistance to change and allow the French to embrace the new. This country will start to co-operate with other countries including its traditional foes, while still keeping its uniqueness.

~ Germany ~

Most of the darkness of the wars has been cleansed from the land apart from the concentration camps where people are keeping the 'evil' alive by dwelling on it. Germany has a dual role.

It is the Keeper of the Fifth-Dimensional Light for the planet. This includes a golden key to the thirty-three cosmic portals, and as a result Germany is working in alignment with Archangel Sandalphon, who is the

doorkeeper to Hollow Earth. This country has earned this role since the Second World War for the way it has handled the merging of East and West Germany in a fifth-dimensional way.

The guilt, which was held in its collective consciousness, has now been totally resolved, allowing Germany to stand in its true illumined power. This country can now take its place to spearhead the move to enlightenment and ascension.

Thousands of mature and wise souls have chosen to incarnate here since the Second World War, both to help mitigate old karma and to hold this higher light for the landmass of Europe.

Many scientists and technologists in Germany are working with Master Hilarion, Chohan of the Fifth Ray of Technology and Science to bring forward spiritual technology for the New Golden Age.

Some, whose bodies were used for experiments during the war, have reincarnated again. They still hold fear at a cellular level but this time they are allowing their bodies to be used for cellular light healing, which will clear all karma and bring total health and healing. This will happen consciously and also unconsciously in their sleep time. This time, Germany will lead the world in cellular light healing technology and freely offer it to the world. It will transform people everywhere.

Through this healing work, this country will be offered divine grace. In addition, this focus on healing will bring peace into the collective heart of Germany, so that the land and everyone in it will rise quickly into the fifth dimension. This will make the twenty-year transition period easier here than in many places.

There is much cosmic wisdom held by the trees in the Black Forest, and this will anchor and maintain higher energy in Germany during the changes. Many fifth-dimensional communities will form here, and after 2032 new Golden Cities will arise in this country.

~ Greece ~

The Greeks have a huge pride in their ancient heritage. Deep inside their feeling that they are not fulfilling their potential has created an inertia and loss of confidence. The karma of their past acquisitions has now been repaid and the collapse of their financial structure has given them a massive wake-up call, which they do not want to face. However, they will have to go through this initiation either with courage and decisiveness or by default and misery. Currently it looks as if they will choose the latter.

The islands are pure and clear but there will be some cleansing by fire and earthquake on the mainland. However, it will be relatively little, just enough to bring humility and openheartedness to the people to nudge them to change.

The most important factor to influence Greece will be the waking up of the dormant kundalini within the cosmic pyramid constructed here at the fall of Atlantis. This pyramid was originally built by the High Priest Poseidon of Atlantis with the help of the Goddess Athena and contains much ancient wisdom. The entire construction was totally devastated by an earthquake many centuries ago. Nevertheless, the energy remains, as does its connection with the constellation of the Pleiades, bringing in healing through the heart. The Parthenon has been built on the site.

The tribe led here by the High Priest Poseidon at the fall of Atlantis brought with them great knowledge of medicine and healing, much of which was received through their connection with the Pleiades. Before too long the Greeks will start to remember their ancient inheritance. The economy will cease to be of paramount importance as the country becomes one of those who leads the world in natural forms of health and healing.

They will teach people everywhere how to make whole the mental, emotional, spiritual and physical bodies of people and animals through divine resonance. This will be achieved through herbs, music, crystals and other methods. This country will also be influenced by the cosmic portals in Mesopotamia and the Sphinx. It will also be touched by the opening of the thirty-third portal in the North Pole, which carries more Christ light than any other portal.

At last, the grace and wonder brought here by Poseidon's tribe at the fall of Atlantis will be restored, and a great Golden City will arise after 2032.

~ Holland – The Netherlands ~

Over recent years, evolved, liberal, tolerant souls have incarnated here, and there are many enlightened people in the population.

This country has always had an intimate knowledge of water and the oceans. The Dutch East India Company was founded on this. Paradoxically, their development of a fleet and some of its policies earned the Netherlands karma, while water has cleansed the land over the centuries.

In more modern times, their social policies, including the integration of foreigners, have meant karma has been balanced. However, this country lies very low and much of it will disappear under water by 2032. Many of its citizens will move to higher areas of Europe and take their wisdom with

them. They will find innovative ways to build homes on the water, and will develop leading technology and construction methods for this, which will be copied worldwide.

~ Hungary ~

The karma of times prior to known history has attracted attack to this flat and landlocked place. Battered by war and defeat, ruled by oppressors, this country has continued to survive and to maintain charming villages and a family tradition. This spark kept alive in the hearts of the people has started to heal the fear and greyness held in the aura of the country. People are starting to feel safe again.

The spillage of toxic sludge in 2010, which so devastated the rivers and polluted the Danube, was a big wake-up call and shock. It has propelled the Hungarian people to value nature and focus on cleansing their waterways.

Hungary will draw energy from the portal of Marseilles which will expand the golden flame of love in individual hearts, so that by 2032, fifth-dimensional communities will form here quite naturally, and peace and contentment will reign.

~ Ireland ~

There is still much anger and fear in Ireland as a result of religious splits in the past and the terrorist activities of recent years. It is a country with many wounds that need to be healed.

Within the collective consciousness of Ireland is a feeling of helplessness about the potato famine of 1845-52, a time of mass starvation. The famine was caused by the English burying their plague victims on the ley lines, thus blocking them, so that the potato crops failed. Unconsciously, the Irish knew this. The English then behaved very badly, and ire against England is still held in the Irish collective psyche. At a higher level, this situation was allowed to happen to force many Irish people to travel round the world, spreading their special mystical consciousness and light where they went. This was particularly hard for many Irish who are home- and family-loving souls. However, in general the Irish are now beginning to forgive and release the whole situation, so that this country can reach its true spiritual potential and light in the next few years.

The countryside of Ireland holds much Celtic magic. There are powerful stone circles and sacred sites, many of which have been slumbering and are now waking. There is religious dogma here and also spiritual purity. The

whole country is alive with angels, unicorns and elementals. The magical, mystical qualities of the land and the high spiritual light of the Irish will propel the country through the transition years.

Ireland is a country of warm-hearted welcoming people, and this special quality will help them be a beacon of light to the world in the future.

~ Italy and the Vatican ~

Many Renaissance sculptors and artists chose to work in this country because of the beauty it held in its soul. Their work raised the frequency enormously for in their creations, these creators captured and held the energy of the Cherubs, energy fragments of the Cherubim, as well as unicorns and angels. This has helped to hold modern Italy in the light.

The financial situation of the country is a wake-up call to live in another way, with co-operation and sharing. As the frequency of the world rises, the huge extent of the corruption here will be revealed and the people will demand integrity. When this happens leaders of strength and honour will step forward to lead. The power of organizations like the Mafia will disappear, as their vibration will be too low to attract supporters or people to terrorize.

If the Roman Catholic Church remains intransigent and rigid, it will implode and the Vatican will collapse. If it opens up to higher spirituality, it will blossom.

Either way eventually pure spirituality and the true glory of Christ's message will emerge here.

~ Latvia ~

The grey aura of this country is lightening as it begins to shake off the shackles and find its self-worth again. The opening of the cosmic portals of the North Pole, York and Omsk is already influencing the land and its people as angels pour in to help bring about change. The higher energy will enable everyone to find confidence and courage and, as they recognize their magnificence, this area will start to shine.

~ Poland ~

Poland is an enigma in our current times. Hitler took this country first as he knew there would be less resistance because it was not a democracy and the people were used to being given orders. While the Polish people still fought

and defended themselves, the Nazis found it easier to conquer them than a nation of individuals who were used to speaking up for themselves.

The darkness of Auschwitz has been affecting Poland. The concentration camp has been kept alive to serve the memory of the horror with the intention that it will never be repeated. However, people have been focussing on the darkness and therefore energizing and continuing it. This has held Poland back. Meanwhile, however, many lightworkers have been focussing light, love and joy into Auschwitz, and by 2015 the energy is expected to be clear. This will help the whole world.

The other thing that has held Poland back is the grey feeling left by years of oppression, poverty consciousness and lack of self-worth. At last this is changing and the shift towards confidence and self esteem is happening rapidly. Abundance and joy is starting to pour into Poland as many are moving into self responsibility and mastery.

The karma owed by many countries towards Poland because they did not protect this country sooner has now been repaid, for migrant workers have taken home confidence as well as money.

This country will receive light directly from the thirty-third portal at the North Pole. All the cosmic portals carry the Christ light, but thirty three is the number of the Christ consciousness and holds the strongest energy. Golden angels are pouring into Poland from this portal. Also, the Source light pouring through the Stellar Gateway in the Arctic will profoundly affect Poland and help it rise to the fifth dimension.

~ Portugal ~

The people here as elsewhere in many parts of Europe are disillusioned by the moral corruption of its leaders and businesses. The financial and political crisis is frightening the people and they are at last asking questions. Many recognize that this is a wake-up call but feel powerless to instigate change. However the rising consciousness will demand change and a different way of living. Despite resistance on the part of the establishment, transformation will eventually take place in every area of life here.

The karma created by the colonial acquisitions of the 15th and 16th century is now at an end so the country will be ready and open to receive the healing energy flowing from Fatima, where Archangel Raphael and his twin flame, the Universal Angel Mother Mary, are influential. By 2032 love, healing, abundance and great light will sweep across the land and Portugal will be transformed.

~ Romania ~

Ancient karma held in this landlocked country has held it back, for it has been constantly invaded and war-battered. This has dented the aura of Romania, so that the people have lost their direction, self-worth and purpose. Fortunately, in the snow-covered mountain ranges the energy is high, and this has helped to maintain the dignity of those who are proud of their ancestral heritage. This old karma is now coming to an end and grace, in the form of angelic intervention, will clear the old pain and heal the hearts of many, who will then be able to act with integrity and honour. When this happens others will trust them.

There will be some flooding due to snow melting as well as fire and earth movement. This country lies between the cosmic portal of the Arctic, the Stellar Gateway of the planet in the Arctic and the portal at the Sphinx, and this light pouring in will awaken the ancient wisdom held in the mountains. Then their frequency will change dramatically and Romania will automatically attract abundance and regain self-esteem before 2032.

~ Slovenia ~

The Slovenian people are naturally warm, welcoming and homely. Many have open hearts for love and caring is in the soul of this country. But they hold in their collective consciousness a huge fear of not being good enough. This unworthiness has its origin in ancient karma, which has now been cancelled under grace from Source. Wise old souls who carry peace in their hearts are now choosing to incarnate here. So too are creative souls. These will influence everyone and eventually lead the country into hope and abundance. Then its outer and inner beauty will shine.

~ Spain ~

Spain is a vast country that has very mixed energies and it will see many changes. As the weather becomes more extreme, people will move into the mountains both to be cool and for the spiritual light that the mountains hold. Many churches hold gold and other treasures purloined from the Aztecs and Incas. There is a level of denial about this by the priesthood so there is still karma here at present. Also the last of the pain of the Spanish Inquisition is held in the land.

However the pilgrimage route known as the Camino de Santiago runs across Spain, and the constant procession of pilgrims has created a powerful

ley line of great light. This has had a healing and cleansing effect so Spain will be clear by 2017. In addition, as pilgrims walk along the Way, wisdom and knowledge from Hollow Earth is being accessed. The other profound influence on Spain is the cosmic portal in Andorra which is now open. The dragon energy coming from here will bring abundance consciousness to the people. Then fifth-dimensional communities will form in the mountains.

~ Switzerland ~

There are two things holding Switzerland back. The first is the Large Hadron Collider beneath the Franco-Swiss border near Geneva. It is the world's largest and highest-energy particle accelerator, and already its construction has cracked the Earth's crust.

The second is the karma that has accrued because the Swiss banking system has colluded for years to allow greedy and dishonest people to hide and hold onto their ill-gotten gains. Wealth that has been stolen or accumulated through the disempowerment or slavery of others is dark energy, which will be cleansed by the elements. This must be swept away for the new to arise; thus unexpected earthquakes and flooding will cleanse this negativity, unless the people of Switzerland and the world purify it soon.

This precept also applies to Liechtenstein and other places that are protecting dark financial energies. However, many highly evolved souls are incarnating in Switzerland, with an understanding of spiritual law and the integrity to make the changes needed. In the mountains, the energy is very pure, so fifth-dimensional communities will be formed here. The sonics of the angels light up the mountains.

~ Turkey ~

Ancient guilt from the days of the Ottoman Empire has been held in the soul of Turkey. In spiritual terms, the big earthquake here in 2011 was about cleansing the energy from those ancient times. All the people affected had at a soul level undertaken to do this clearance. The guilt of the old karma caused the people to feel undeserving. Guilt always results in punishment, so this feeling within the energy field of Turkey resulted in this country being treated with a lack of respect by the world.

Now that it has been cleansed Turkey can regain its sense of power and worth, which will automatically attract abundance. The light and ancient wisdom held in the mountains will then be released. The people will start working together in harmony and feel the removal of this burden as a relief.

Women will claim their power and this will help Turkey spiritually, politically and economically.

The opening of the cosmic portal in Mesopotamia has profoundly affected the Middle East as it has filled people with a desire for freedom. In some places this has resulted in a fight against oppression. It is hoped that the energy will remind the soul of Turkey of its greatness. Then this country will emerge as a beautiful and gracious fifth-dimensional country.

~ United Kingdom ~

The huge burst of light generated by the excitement of the Olympic Games in 2012 prepared London to ground the energy for the New Age. The angels promised under grace to ensure everything went well for the Games and they guided and helped people in a massive operation. This event was truly a wonderful example of humans and spirit working together for the highest good.

The light from this event enabled the fifth-dimensional Earth Star chakra of the planet in London, UK to open. And this in turn triggered the awakening of the other fifth-dimensional chakras in the world. The people living in the energy of the Earth Star or tuning into it can now access wisdom and spiritual information from Sirius and the Sun, to which it is connected.

Sirius is the star of the higher mind. This includes technology, especially spiritual technology for the new Golden Age and sacred geometry.

Children currently incarnating from Sirius or who have stepped their energies down through that star are already programmed with spiritual technology. Because of the Earth Star's link with Sirius, many of these souls will be attracted to incarnate in London. The Sun is the divine masculine energy source of our universe. It radiates the qualities of fairness, strength, majesty, courage and inspired leadership, so this location will attract souls who have these qualities or who wish to develop them.

Archangel Sandalphon is in charge of the Earth Star chakra. He brings balance and a deep connection to the Earth. In addition, he is known as the Archangel of Music because he works with sound. The angels create sonics through sounds and sacred geometry and in this way touch the world. So, London, the planetary fifth-dimensional chakra will become a music centre, from which pure healing music will flow carrying the frequency of the angels.

The heart chakra of our planet is in Glastonbury, in the charge of Archangel Chamuel, the angel of love. A welcome is radiating from here

round the world and out into the universe. Situated close to Glastonbury is Avebury, which used to be a main port for spacecraft from all over the universes. Its power has been cut in two by a road, but it is starting to awaken and become whole again. Already, the surrounding areas are preparing to fulfil their old role once more. The heart chakra in Glastonbury is linked to Andromeda and Mars, also Venus. Andromeda carries the energy of the higher heart, while the ascended aspect of Mars spreads the wisdom of the peaceful warrior. Venus brings love through directly from Source. The heart centre of the planet is constantly cleansing energy because so many needy people go there. Please send love here.

A vast cosmic portal containing the Christ light opened in 2012 in Yorkshire, encompassing the Yorkshire Dales. It is flowing with creativity, warmth and sensitivity, and will bring light to all the industrialized towns as well as the mining areas. This portal is radiating hope and illumination, a higher way of thinking and spiritual understanding. Those situated close by will be affected by it quite dramatically, though the energy is so gentle they will absorb it comfortably.

Stonehenge is one of four two-way interdimensional portals on the planet. It is currently only partly open but started to open up after the cosmic moment in 2012. It will now gradually awaken until it is fully open by 2032. This portal will radiate an invitation to go there. It is seventh-dimensional and takes you into your seventh-dimensional light body. You see through seventh-dimensional eyes of love and oneness consciousness. You will be your highest potential and see a much higher perspective. This portal is about time and matter. When there you will be in eternal time, enlightened about all things and you will totally understand the structure of all things.

The United Kingdom earned considerable karma from controlling other countries during the days of the British Empire. This occurred because the decision makers were too left-brain- and masculine-orientated, acting from logic and discipline without compassion or understanding of the heart. The soul decision of the country to balance its karma from those days by allowing mass immigration has resulted in confusion, feeling overwhelmed and political misjudgements. It must be noted that the UK also learnt much about leadership, the power of ceremony and fairness during her days of Empire. This situation is now being balanced and redressed as the heart centre in Glastonbury opens.

England has lost its purpose over the last decades. Pouring energy into financial trading and war rather than into farming and wisdom has held the UK back, making the transition more difficult than it might have been.

Many low-lying areas of this country will flood during the cleansing, which will also open the hearts of the people with compassion for those affected. There will be mass movement to higher ground. The mountains are all pure, but those in Scotland are the purest, affected by the light from the Stellar Gateway. The UK is like a jewel, which has been flawed and encrusted in dirt. Once it has been cleansed and healed, it will truly shine. By 2032, the United Kingdom will stand in its power, radiating golden strength, compassion and wisdom. It will truly have a golden heart.

Scandinavia

~ Denmark ~

Denmark is almost surrounded by ocean, which has helped to keep the energy here clear, and the karma of its warlike past has been cleansed under divine grace. The sadness in the land from the time of the German occupation and a sense of mistrust in the collective consciousness was dissolved by a great burst of light, which poured through at the cosmic moment in 2012. All that now remains is the habit of the old way of feeling and this will soon transform. This country will develop fifth-dimensional communities easily.

~ Finland ~

Finland is holding and anchoring very pure, high-frequency light. Snow and ice over the years have cleansed the land, so there is very little clearing to do. Many evolved souls have incarnated here and are steering this country on a higher pathway. The thirty-third cosmic portal in the North Pole, which holds the strongest energy of all the portals, will affect Finland very powerfully as will Source light flowing in directly from the Stellar Gateway chakra. When the Stellar Gateway opens, the whole of Finland will become a fifth-dimensional community, so they will not need Golden Cities. This is a very special place to live.

~ Norway ~

Norway was established on land that had been purified and cleansed by the glaciers. Also, it is almost surrounded by water, which has helped to keep its frequency high. Nevertheless the Norwegians were warlike adventurers and explorers, loving the water and courageously fighting for their personal

freedom and that of their country. Desire for freedom and independence has been one of the soul qualities that make this country unique.

Norway is holding and anchoring very pure high-frequency light. Many evolved souls have incarnated here and are holding Norway on a higher pathway. The thirty-third cosmic portal in the North Pole, which holds the strongest energy of all the portals, will affect Norway very powerfully as will Source light flowing in directly from the Stellar Gateway chakra. After 2032, Golden Cities will arise here.

~ Sweden ~

The people of Sweden have been very grounded and connected to the Earth and this has enabled them to take wise and peaceful decisions. The karma of their expansionist period has long ago been dissolved. Like the other Scandinavian countries, Sweden is holding and anchoring very pure, high-frequency light. It has been cleansed by the weather over the years. As with Finland and Norway, many evolved souls have incarnated here. The thirty-third cosmic portal in the North Pole, holding more Christ light of unconditional love than any of the other portals, will affect Sweden powerfully as will Source light flowing in directly from the Stellar Gateway chakra. After 2032, a special Golden City will arise here.

CHAPTER 19

The Middle Cast

An Overview



In the distant past, this entire arid area was made up of nomadic tribes of little spiritual understanding. Then, at the fall of Atlantis, the High Priest Apollo took his tribe to Mesopotamia, and eventually the Atlanteans interbred with the local people. They brought with them huge amounts of ancient knowledge, including that which has formed the basis of Western astrology today. Their wisdom underpinned the great civilization that developed in this region.

Apollo's tribe had an advanced understanding of irrigation, which transformed the dry land and made it habitable. It was this that enabled the Hanging Gardens of Babylon, one of the Seven Wonders of the Ancient World, to be built.

At the same time El Morya, currently the Master of the First Ray of Power, Will and Purpose, took his knowledge and wisdom from Atlantis to the Euphrates. He oversaw the development of their script, so that they could start keeping records for the first time – on clay tablets. He also helped to develop the Islamic faith and its art. But everything has its cycle, and eventually Mesopotamia was conquered by the Persians, then the Greeks, the Mongols, the Ottoman Empire, and the British amongst others, until the Arab Muslims took over.

There has been much bloodshed and much creative glory over the centuries. The fear and darkness of the wars and persecutions is held deep in the land and will be cleansed by nature unless enough people send in light. The countries of the Middle East are creating their own problems by being so angry and bitter. They feel they are cheated and not valued, and this is causing self-destruct. The people need to recognize that this is the consequence of ancient karma, and that they need to change their outlook to one of being happy. Otherwise, fires, earthquakes and excess heatwaves will reflect their energy back to them.

The light is rising throughout the Middle East as in the rest of the world

now. As a consequence, those who have been subjugated are no longer prepared to tolerate this. Uprisings everywhere may be savagely resisted by those in control but the light will inevitably win. Where leaders are governed by illusion and their supporters follow from blind faith, we are asked to call on the fire dragons to burn away the illusion and allow them to see truth and reality. Then call on the angels to raise the frequency.

Within the land itself much ancient wisdom is held and the people were tuning into it even before the opening of the cosmic portal of Mesopotamia in 2012. This was why they feel the desire for freedom at a soul level and are prepared to die for it. The opening of the portal has deepened the need for freedom and caused a spiritual awakening in the Arab countries. This has caused initial confusion but eventually the dogma will be replaced by higher understanding. Women will start to respect and value themselves and this will be reflected back to them by society. Long before 2032 these areas will be at peace and connected to their true wisdom. People will wonder at the turmoil and fighting that was needed to achieve it.

EXERCISE: *Sending Healing to the Middle East*

Ask the angels of love to hold the people of the Middle East in beautiful pink and white bubbles of love. You can do this any time, when you are walking, driving, pausing in your work or with friends. Simply pause for a moment and send out the thought. You may sense the bubbles of love drifting over the landmass.

CHAPTER 20

Forecasts for Countries of the Middle East



~ Bahrain, Kuwait, Oman, United Arab Emirates, Libya, Qatar ~

Many of these are states rich in oil. Where there has been dictatorial rule, the people will clamour for freedom and this will cause huge upheaval and fighting. As with everywhere else on the planet, the light of freedom will eventually win.

Despite their reputation for canniness, many Arabs had childlike, innocent minds, and it was a tremendous change for them to find huge reserves of oil on their land. These states are learning lessons similar to those individuals who win the lottery. Huge wealth demands self-and community responsibility. It raises questions, such as ‘Who can you trust?’ ‘Who are your friends and who just wants to exploit you?’ ‘What do you do with all the money coming in?’ ‘Do you use it wisely on health, housing, welfare, education, eradication of poverty and social equality, or do you splurge it on material goods and seek the power that money brings?’ ‘What do you do about your family?’

They also must decide whether to extract all the oil, damage the planet and leave nothing for future generations, or whether to husband their resources, honour the planet and tread lightly on it.

In fact, many of these countries have created karma for themselves. In the dance of relationships, also many other countries have earned karma for their manipulation of the oil-rich states. In places where the oil has been extracted much healing is needed, and healers are asked to send their light to Mother Earth herself here.

Eventually the planet will react against the exploitation of its resources and then these states will face huge challenges. However, now that the cosmic portals of Mesopotamia and the Sphinx are starting to awaken, higher wisdom is being activated in all these places. The portal of Mesopotamia is conferring courage and wisdom and self-love on those who are tuned into it while the portal of the Sphinx is helping things come into balance. In addition, the spiritual throat chakra of Earth, in Luxor, Egypt, is

beginning to raise the frequency of these areas. Before long, the people will start to communicate this wisdom worldwide. They will create telepathic links with animals and start to honour them. They will once again honour water for its cosmic properties.

Development will be slow but wise old souls are already starting to incarnate in these countries, to remind people who they are and help take them forward in a higher way.

~ Bahrain ~

The light coming into the Middle East is causing great unrest here as elsewhere. It was hoped by the spiritual hierarchy that a vision of freedom and fairness with or without a monarchy could be achieved by 2012 but this did not happen. Eventually calm with freedom will prevail but unless the monarchy surrenders their ego for the highest good, there will be chaos and bloodshed first. Here as elsewhere the desire for change and the wisdom sweeping the area will finally bring about stability within ten years.

~ Dubai ~

This is a country dedicated to excess, greed and materialism. The economy is not in tune with the frequency of the planet and has already started to collapse. It is difficult for people here to raise their vibrations, as they are so out of touch with the Earth. The changes ahead offer opportunities to the people to communicate, co-operate and develop qualities of patience, humanity and self-responsibility. However, a difficult transition, with much cleansing, is forecast unless there is a huge change in attitude.

~ Iran ~

The peoples of this vast country have tried several times to set themselves free but ancient karma has been holding them back, keeping them subjugated. The karma has at last been cleared and the earthquake of 2013 cleared some of the dark energy from the ley lines. Now the impact of the energy from Atlantis is felt by many here, especially as the light is rising.

There is still huge confusion and the people are lost. We are asked to call on Angels of Peace, the Archangels Uriel and Butyalil, and the cosmic angel to help the people of this country to find themselves. Now that the portal in Mesopotamia, Iraq, is opening, the light is starting to affect Iran. By 2032 the people will feel their souls are liberated again, and peace and joy will

return here.

~ Iraq ~

This is a very troubled area and turmoil will continue unless huge amounts of light are sent here. Eventually fires, floods and earthquakes will cleanse the land. The chaos caused by this will force the inhabitants to learn to co-operate with each other for the good of their country. Women will have to take an active part, and this will enable them to regain their self-respect and become empowered, thus bringing in the divine feminine.

The rising consciousness of women will help to loosen the grip of religious dogma, and by 2032 the people will be opening to the higher spiritual understandings pouring into the planet. The energy from the portal of Mesopotamia will start to lighten up the energy in Iraq. Then the wisdom of ancient Persia held within the land will emerge and eventually, during the next Golden Age, take Iraq to a higher level than before.

~ Israel ~

Huge cleansing is needed here, and this will predominantly take place by earthquake, though other means will be used as well. As a result, less land will be available. However, several things will change the situation beyond recognition. The feelings of fear and vulnerability, which underlie the aggression of the Israeli people, will be dissolved as they start to become spiritual rather than religious. The old dogma will be replaced by peaceful hearts that seek resolution not conflict.

Because the United States will have problems of their own, there will no longer be support to bolster up Israel's bravado, and a new humility will change the attitude of the people from Israel. As other countries in the Middle East suffer their own cleansing crises, the formerly conflicting countries will become helpful neighbours, looking at each other with compassion rather than fear. Israel will be at peace by 2032.

~ Libya ~

Light is rising here as elsewhere and people are no longer prepared to tolerate oppression and lack of freedom. As the light continues to rise this feeling will spread. Inevitably, bullies and dictators must fall as this happens and it was Gaddafi's time to go. He is now being held safely in a pyramid in the inner planes where he can do no harm. In addition, women must claim

power to enable change to take place.

While the angels grieve to see atrocities that have been going on internally here as in many other countries, change had to come from within. It is still important to send out world prayers for peace, invoking Archangel Uriel to transmute fear into courage, love and wisdom, and sending the Angels of Peace to sing over the people. We must find a way to switch on the light quickly.

The outcome of this current war is not yet written. So the more light and prayers that we send to this country the better. Every single individual can influence the outcome.

~ Syria ~

The forecast for this country is huge bloodshed and conflict as most the world stands back. The current leader will be gone by 2014 but fighting will continue for some time. The world powers have manipulated behind the scenes and no one knows who to trust any more. Governments everywhere are disinclined to interfere and will do their utmost to find a reason not to. The people are feeling totally isolated and unloved so they are consumed by fear.

In order for the situation to end the population, whichever side they are on, needs to feel loved and supported by the world. It would massively help if people everywhere lit a candle and sent bubbles of love to Syria to strengthen the hearts of the Syrians and connect them to Venus. If people do send bubbles of love there will be a move towards peace, which will be fully in place by 2017.

~ Saudi Arabia

Ancient karma held in the earth will cause problems, so too will more recent karma as so much oil has been removed. Oil is needed for the lubrication of the planet, which will react against the exploitation of its resources.

As this country runs out of oil and money ceases to be currency, there will be challenges of self-worth and confidence when the people discover their newfound wealth is worthless.

Camels hold much wisdom, and these animals will start to communicate telepathically with the people. This will help the Saudi Arabians to find their soul path and build a country based on respect between men and women, and on an understanding of spiritual law.

CHAPTER 21

Asia

An Overview



Asia is in the charge of the angel of wisdom, Archangel Jophiel. It is a warm-hearted place, where joy and love prevails despite the challenges. There are deep connections within the communities situated there. Its people are positively affected by an ancient red-orange energy that runs deep within the ground of this continent and the areas surrounding it. It was brought from Venus thousands of years ago by beings that incarnated in Asia, and it is destined to be fully released after 2012.

This energy will ensure that everyone stays grounded and balanced as the higher force and new light comes in and also that people will remember what is truly important, so that they get their priorities right. In addition, it spreads happiness, vitality and a sense of freedom. This ancient red-orange energy is controlled by the portal of Hollow Earth.

EXERCISE: *Sending Light to Asia*

1. Find a place where you can be quiet and undisturbed.
2. Light a candle and dedicate it for the highest good of Asia.
3. Ask the angels of love to go there and fill the place with love and light.
4. Ask that the citizens be happy, laughing, free and prosperous.
5. Blow out the candle and know that the angels are taking the energy to help the people there.

You can do this for any country.

CHAPTER 22

Forecasts for Countries of Asia



~ Afghanistan ~

The planetary Third Eye chakra, the all-seeing eye of enlightenment, is in Afghanistan. It is under the charge of Archangel Raphael, the angel of healing, abundance and enlightenment. This chakra is linked to the wisdom of Andromeda and Orion. The Andromeda galaxy is attuned to higher healing, which will pour through this country soon after 2032. Orion is the constellation of wisdom.

Western troops could remain in Afghanistan for some time after 2012, and big problems will remain within the country. During the cleansing, there will be earthquakes and floods, as snow melts, and this will wake the people up.

As more people become enlightened, this will help to bring wisdom and peace to this country and by 2032 the Afghan people will be moving towards this state. When it comes into its true soul energy, Afghanistan will be amazing. Eventually, this country will play a big role in bringing the light to the whole world.

The mountains of Afghanistan have long been known for deposits of high-quality lapis lazuli, a stone that holds ancient wisdom and is connected to the Third Eye. Magnificent emeralds are also found here; they are the concretized energy of Archangel Raphael, who is bringing forward abundance, healing and the clearing of the Third Eye. Many other crystals and gems are embedded in the rocks of Afghanistan. These are maintaining the frequency of the country, so that when it finally awakens a Golden City will emerge here.

~ India ~

The economic situation will be an issue in India but the main challenge for the people will be flood and famine. The world will need to assist.

The planetary Soul Star chakra is located in Agra, India, and this is linked to Alcyon, the brightest star in the Pleiades cluster, which radiates

healing. This chakra is in the charge of Archangel Mariel.

There are two cosmic chakras opening, which will radiate Christ light and assist the progress of this country. One is at the source of the Ganges. This was due to open in the very late Summer of 2011 bringing with it energies from Metatron's heart and aura. It will have a big impact on the weather conditions and the earth itself in this area, and for about 5,000 miles in all directions — the further away, the less affected the place will be. The energy will clear out the old, creating a very positive, loving change and assist India to ascension.

The second is at Varanasi and this one was due to open before 2012. While divine light of many colours comes through this portal, it mainly radiates rich spiritual purple. It is this that has helped to create the special bonds and unique purity that many families in this area and throughout the culture have experienced. The people are ready to be guided once more, and this will begin when they reconnect with the light emanating from this portal. It is already starting to affect the population, especially the children and psychic sensitives. Eventually it will impact very positively on everyone.

In addition, India holds a huge energy centre at Agra, on which the Taj Mahal was built. This is the Soul Star chakra of the planet and resonates with the number eleven, which means bringing in energy to start again at a higher level. This has now opened and will eventually have a massive effect on the consciousness of the people.

Despite the opening of the cosmic portals and the Soul Star chakra, progress throughout India is forecast to be slow. However, there will be peace within the next twenty years. Currently India has lost its soul and because of this its people have become physically and materially impoverished.

There has always been flooding in parts of India, and this will continue and be more severe as the cleansing of old energies takes place. However, when the people in India find their spiritual connection again, they will radiate an energy that will attract in abundance once more. Once this happens, women will be honoured, the caste system will dissolve, and India and its people will glow with light again.

Many souls from Sirius have incarnated in India over the last twenty years. They bring with them much technological knowledge, and minds that are open to new and higher ways of creating things. As the frequency of this country slowly rises, they will be accessing much of the higher scientific information to take the world forward. Many of these scientists will become travelling teachers, helping to spread new understandings at a time when

travel will be more difficult.

There will be flooding and famine in the north of India. Also though, this part of the world holds beautiful pink energy in the land itself that will promote community spirit and love. In addition, angels will be singing over the mountains and this will greatly affect people living here.

~ Pakistan ~

The whole country needed cleansing, for too many power-hungry people were living here. In 2010, I was bemused that such severe flooding occurred in Pakistan long before the worldwide cleansing of the planet, forecast for 2017. Then Kumeka explained that the soul energy of these countries was so aware of the importance of being ready for the start of the new Golden Age that they petitioned to start their cleansing early. In one way, it is simply dreadful to see what has happened.

In another, it is so encouraging that the souls of certain countries are taking responsibility for moving the planet forward into higher dimensions. It is triggering us all to open our hearts with compassion and enabling more people to link to the cosmic heart.

The majority of people themselves are gentle and caring, though held back by restricted cultural mores. Others are rigid and extreme. Their leaders are confused amongst themselves by the demands and pressures of other governments and the needs of their population. They need clarity and direction to find themselves.

The high-frequency energy held in the Himalayas will also assist this country. When India finds its soul, there will be an impact on Pakistan too, and by 2032 the country will be moving towards peace.

~ Tibet ~

Tibet will be free and independent from China by 2022. China will hold on as long as possible but the people will no longer want to keep Tibet in their thrall. By 2032, Tibet will once again be a beacon of light; the Tibetans, though, will no longer want to contain the light within their own country. They will be ready to spread it out to the planet.

Through forgiveness and spiritual practices, they will have cleansed the land of the darkness of the tyranny they have experienced. This is something that people all over the world can achieve if they follow the example of the Tibetans.

The planetary causal chakra is in Tibet. It is linked to the spiritual aspect

of Sirius, known as Lakumay, which will be downloading sacred geometry and aspects of the higher mind to the people here. It is in the charge of Archangel Christiel.

In addition, there is a cosmic portal opening in Mesopotamia, which will affect Tibet. This portal returns to us the wisdom of Golden Atlantis that was brought here by the tribe of Apollo after the fall. When you link into it, it gives you courage, wisdom and loving self-acceptance.

CHAPTER 23

Forecasts for Countries of the Far East



~ China ~

By 2032, it is expected that China will have changed profoundly. The earthquake of 2008 made it possible for them to accept help from the rest of the world. It also opened the hearts of the Chinese people collectively to the families of the bereaved. Over the next twenty years there will also be massive transformation, much of it prompted by tragedy as the country is cleansed by more natural disasters.

~ Weather ~

The soul of China knows the importance of the huge changes ahead. Instead of waiting until the worldwide purification is set in motion in 2017, it has called its cleansing in early — hence some of the earthquakes and mudslides that have already started.

~ Economy ~

Economically, China is in a strong position. Their financial affairs will be handled from their dogmatic position until about 2020, so that their own people do not significantly benefit. But then, people power will ensure that citizens will receive their fair share of wealth in the years to come.

~ Spiritual Influences ~

Because Eastern and Western cultures are so very different, the Chinese believe they are spiritual while the West is not. As the twenty-year period progresses, the West – like the rest of the world – will experience trauma, which will cause people to work together rather than in separation, driven by a desire for power and material wealth. Then the East will begin to see the West as spiritual.

The planetary base chakra is in the Gobi Desert, China. The purpose of

the fifth-dimensional base chakra is to ground into the world the higher energies of bliss, wisdom and healing. Healing is particularly significant as the chakra is connected to the Pleiades, the star cluster of healing with the heart. Archangel Gabriel is in charge of this planetary chakra, and he will help to bring purification, clarity and joy through the Gobi Desert to raise the frequency of the world.

Three of the thirty-three cosmic chakras bringing in the golden Christ light of unconditional love are located in China, and they will profoundly affect this country. One is in the mountains along the Silk Road, where Quan Yin holds the energy. This has been asleep for a long time and started to open in 2012. In addition, working closely here with Quan Yin is Archangel Gersisa, the illuminated Universal Angel who is in charge of the Hollow Earth chakra, the seventh-dimensional paradise in the centre of Earth. Gersisa is grey, the perfect balance of black and white, yin and yang, masculine and feminine energy. This portal too holds grey light.

When this portal opens it will bring about deep cleansing as well as perfect harmony and balance. The energy will touch mass consciousness and help people to understand the world, to assess others correctly and to hold the fifth-dimensional vision. It will profoundly affect those who live near it or connect with it.

The second cosmic portal to open in China is Wuham in the East; it is opening gradually between 2012 and 2014. Those who travel intergalactically in their sleep to do service work will already be familiar with the energy radiating from here. They will almost certainly not be conscious of this, but when these and others who can tune into this frequency are ready, they will be able to give spectacular healings, levitate and demonstrate the physical possibilities that are available to us.

The third of the cosmic portals to open in China is in Ansi in Northern China; it started to open in 2012. This is a portal of wisdom. Many will feel a calling to visit the place, either in their spirit body during sleep or meditation or physically. The energy will draw out the vast potential of many people and force those with active minds to contemplate the incredible wonders of creation and spirituality.

There is a very special high-frequency portal waiting to open in the mountains of China near the Quan Yin portal. It is currently closed for it contains pure white love like the pure love of Source. It will open when we have connected our planet to all other planets. The more people who connect to the love centres in the stars the more quickly it will happen.

Currently there are many powerful portals and sacred sites that are not

activated. As the people awaken spiritually, these places will reignite and the portals will open. The light coming through them will touch the hearts and open the transcendent chakras of the masses. It will have an enormous impact on the country as a whole.

A large percentage of the Chinese population will begin to see spirits and angels, so they will start to ask questions. It will be difficult for even the most diehard sceptics to deny the presence of spirit when they can see and communicate with them. This will open their right brain, their creative, intuitive, expansive and spiritual aspect, and will offer each individual the possibility of making their own personal connection with Source.

China is held back by the number of aborted souls who are stuck and have not passed over properly. As the people open up and start to communicate with these souls, they will enable them to move into spirit. This will clear the energy fields over China and raise the frequency of the country.

Once more, the divine feminine influence of Quan Yin will be felt and China, like Japan, will again understand all the elementals, especially the dragons. As a nation, their entire way of thinking about life will be transformed.

Within twenty years, the Generals will go and be replaced by a system that my guide Kumeka calls 'Community Love'. Each community will be autonomous and governed with integrity and for the highest good by the local leaders. People will feel safe. There will be much more freedom for the masses who will learn to honour the divine feminine. This will result in them respecting and honouring girls.

As the people feel more in tune with their world, safer and more trusting, they will be ready to stand up for their rights and at the same time share and co-operate with each other. They will treat all animals, especially dogs, in a more loving way, and begin to value them as evolved souls on their own pathway.

After 2032, when higher energies once more flood the planet, the Chinese people will open to their true wisdom and the vast country will be filled with light.

~ Japan ~

Japan holds karma in the land from times of cruelty and subjugation. These dark places must be cleansed, which will happen by further earthquakes in the future. These will bring people together and make them feel humble.

~ The Earthquake and Tsunami of 2011 ~

The oversoul of Japan felt the acceleration of the light and the ascension of the planet, and the souls wanted to participate fully in the move to the light. They also wanted to share their spiritual connection with dragon elementals and the divine feminine influence of Quan Yin, which they feel they have to offer to the world.

The tsunami and earthquake of 2011 was caused because of karma that was holding Japan back. This karma stems from past action in wars, including those of ancient times, from their terrible cruelty to the fifth-dimensional dolphins and whales, and their pollution of the oceans. All this needs to be cleansed, and the earthquake on the fault line and the tsunami have now started the process. The devastating tsunami, watched in horror by the world, both cleansed and destroyed. It reminded us all of the power of water and the impotence of frail humans against the forces of nature. It called on us to work with nature and to pour light into the oceans and land rather than pollute it.

The tragedy brought forward qualities such as discipline, calmness, stoicism, sacrifice, co-operation and caring, patience and endurance, which were admired by the world. Their ability to receive has also softened and changed the Japanese as a nation, to prepare them to take in more of Quan Yin's divine feminine energy. It will change their priorities. Most importantly, the tragic events induced the humility to ask for help, which will eventually propel Japan into ascension.

It is time for humans to watch and respond to the animals, who react to the vibrations of an earthquake or a tsunami before they occur. As a result of the qualities developed in the tragedy, the cleansing that was expected to happen in 2020 will now happen by 2015. Japan will be ready to help itself in the future.

~ Nuclear Power Plants ~

Japan was also drawing the attention of the world to the dangers and vulnerability of nuclear power stations. Warnings for some years about the dangerous plant were ignored here as in other parts of the world.

We have long been told that humans do not have a high-enough consciousness to handle nuclear power stations, so some disasters are inevitable. This present tragedy was calling on everyone to look at this form of power and re-evaluate. It is time to focus on natural forms of power. When writing *2012 and Beyond*, I was told that when the world was at peace

and could act together in co-operation, the technology would come forward to use wave and other natural power effectively, to power the whole world without costing the Earth in any way.

Elegance, beauty and rhythm are in the collective soul of Japan. However, like China, they believe the West to be unspiritual. Their views will change as the whole world works together in the face of natural disasters. The Japanese will open their hearts and expand their consciousness to embrace a wider universe.

~ Economy ~

Economically, the double-dip recession will continue to cause hardship to the masses. Here as elsewhere people will be so enraged by the greed of the bankers and some big corporations that eventually it will boil over. The rigid structure of society has robbed some people of personal freedom and disempowered them. This is just beginning to change as workers express their frustration and start to claim their power. The economic conditions along with the overall cleansing will finally break down the old structure by 2015. The old dogmas will dissolve as citizens claim their power, and economic fairness will be in place before money ceases to have value. Here as elsewhere, by 2032 food and water will be more important than cash.

~ Spiritual Influences ~

On the plus side, the Japanese have great personal discipline, which is an important part of spiritual development. It is easier to be disciplined when one is on the attack or aiming for a tangible outcome than when creating peace. So their discipline is good but the focus has been wrong. If this country had focused on peace and harmony instead of warrior qualities, it would have been truly amazing. Japan, China and much of the East had a very strong connection with dragon energy. Dragons are fourth-dimensional elementals that can help us tremendously if we are open to them. As changes take place in their world, the people in Japan will reconnect with the dragon elementals once more, and they will bring strength, protection and companionship to support communities as outmoded structures break down. This will help them to rise above their problems and open up to higher spiritual dimensions. At the same time, the divine feminine influence of Quan Yin will enfold the people, just as it did in former times and women are becoming recognized, valued, honoured and treated as equal to but different from men.

The cosmic portals at Angkor Wat, at Manila and Uluru in Australia are starting to bring in higher spirituality now that they are opening.

The portal at Angkor Wat, Cambodia, will help people develop friendships on a physical level and also connect with friends in spirit, including the angels. Most importantly, it will enable people to access their own ancient wisdom.

The portal in Manila, the Philippines, is very special. Archangel Gabriel works closely with this energetic space, which is a direct channel to heaven, so the energy is predominantly white. Cherubs, Seraphs and unicorns also frequently use it. It blesses those who are ready and offers grace to dissolve past karma. It helps people to feel clear, trouble-free and full of hope and happiness. The influence of this portal will bring joy to Japan.

The third portal influencing Japan is Uluru in Australia, which connects with Aboriginal wisdom. This will help to bring back an understanding and love of nature and the land.

By 2032 this country will be filled with grace and joy.

CHAPTER 24

Africa *An Overview*



Archangel Uriel is in charge of Africa and of the Solar Plexus chakra of the world, which covers the whole of South Africa.

The second Golden Age, known as the Age of Petranium, took place in this continent. At that time seventh-dimensional beings connected with the land, living a deep symbiotic understanding of nature and the elements. All that wisdom and information is waiting to emerge during the transition years to 2032.

The fourth Golden Age was Lemuria, a time when the beings were etheric, like fairies or angels. Nevertheless, they positively and powerfully influenced the planet for good. Many of them were connected with the Northwest of Africa. Here, much ancient dark energy is held within the earth itself, and it is this that underlies the violence throughout the continent. The Lemurian healing energy waiting to return will eventually transmute this, for the beings of Lemuria placed their extraordinary healing crystals within the earth, energized specifically to help with the transition years. This was to ensure that Africa would be prepared for the new Golden Age starting in 2032.

Many of those Lemurians who were connected to Earth at that time have reincarnated now in physical bodies, and they are being prepared worldwide to practice Lemurian healing. This is vitally important for the world, and many of the teachers of the Diana Cooper School are facilitating Lemurian healing courses to teach those who are ready and interested to do this service work. This means that it is from within the land in Africa that the healing and purification can now take place. It is time to programme and direct Lemurian healing crystals to purify the dark crystals in Africa, so that big changes can take place. Lemurian healing crystals need to be taken to Egypt too. Then a new grid of light can be set up, allowing Africa to take her true place in the world.

As the consciousness rises, Africans will start to demonstrate maturity

and wisdom. The general frequency will rise and the people of this continent will move towards enlightenment and ascension. This will bring healing and end the AIDS epidemic, but not until about 2032. The opening of the planetary chakra at Honolulu will powerfully accelerate this.

African people have huge, generous hearts and they will forgive the many iniquities that have been perpetrated on them over the centuries, including the blot of slavery. The Africans will understand that holding onto anger only harms you and ultimately holds the world back. They will let go and demonstrate the power of forgiveness to the world.

Africa will blossom into a land of peace and plenty. The great two-way interdimensional portal at Great Zimbabwe will wake up and become fully operational. It will bring in huge light, which will affect the country considerably. The portal of Table Mountain will also open completely, and its influence will enable Africa to become totally self-sufficient.

There are two cosmic portals opening in Africa. One is in Mali, connecting with the Dogon wisdom. The second cosmic portal is the Sphinx in Egypt. Beautiful and gentle energy pours from here, and it will help everything come into a better balance. Masters communicate with those who can hear them through this portal.

Most importantly, the whole of South Africa as the spiritual Solar Plexus chakra of the planet is currently holding fear for the world. As the portals open and are activated again, starting in 2012, the anxiety will dissolve and the ancient wisdom will return. As South Africa is connected to Mercury, the planet of communication, this country will be instrumental in spreading golden truth.

EXERCISE: *Sending Healing to Africa*

1. Draw a picture of Africa. It does not have to be accurate, your intention is more important.
2. Draw a line to represent golden wisdom from the top to the bottom.
3. Then colour the rest of the map pink while sending love from your heart into that continent.
4. Outline your map in blue for healing.
5. Know that your focus and energy have made a difference.

CHAPTER 25

Forecasts for Countries of Africa



~ Algeria ~

This country was fully Lemurian, so it contains the darkness of the pre-Lemurian witchcraft practices and the light of the healing Lemurian crystals, which sends out a mixed energy. Algeria has been much invaded and the country has a history of corruption, repression and protest against economic conditions. Earthquakes will clear the final karma and allow Algeria to be free before 2032.

~ Angola ~

Like most of Africa, Angola was colonized by a number of predatory nations and then decimated by slavery. The forecast for this country is a very slow transition, punctuated by fighting and famine, and Angola will be cleansed by earthquakes and freak weather conditions up to 2027. In ancient times, during the Golden Age of Petranium, often known as the Golden Age of Africa, this country was in the very cradle of this continent. Wise Ones lived here and the land still holds the ancient wisdom.

The great portals of Egypt, Great Zimbabwe and Table Mountain are now beginning to open and spread their light. This will enable Angola to rise in frequency and be ready to tune into its inherent wisdom. When the people access this they will prosper and shine. Peace will reign and the Angolan people will find their sense of self-worth and purpose again before 2032.

~ Botswana ~

Botswana was blessed by Archangel Gabriel who placed diamonds – the concretized form of his pure light – in the land. Until these started to be mined, this has kept the earth itself relatively pure. The energy has also kept the people here more gentle than many of the regions of Africa. Archangel Gabriel is also in charge of the sacral chakra, which must be out of balance

to let AIDS take a hold.

As people come into balance again over the next twenty years AIDS will no longer be a problem here. As the frequency starts to rise, the people of Botswana will step into their integrity and power and be an example for Africa. Many golden communities will be established here.

~ Cameroon ~

Much of the really old karma in the land has been washed away by the tropical rain and the healing power of greenery in nature. In addition, the land that is high or forested is relatively pure. However, as in most of Africa there are big economic challenges and these will begin to resolve as the world becomes more spiritual and focused on Oneness rather than separation. The agricultural nature of its development will offer Cameroon a relatively easy transition for the people understand the land.

~ Chad ~

This landlocked country is marked by Lake Chad on its Western border and the Sahara to the north. Like the rest of Africa it has a history of violence, corruption and disempowerment, leading to massive poverty. And the people here too have big hearts that are ready to open and embrace a new way of being. When the light floods into Africa and the grids are energized Chad will be right in the centre. There will be challenging times during the Transition; but when this country wakes up it will listen to the Wise Ones and bring back the ancient wisdom held in golden light in the earth. By 2040, this place will be self-sufficient and a natural pride will be restored to the people.

~ Congo ~

In ancient times, many beings from Sirius incarnated here and left their influence of technology way ahead of their time. However, this was swept away as foreign powers took over the country and tried to break the spirit of the people. My son worked in the Congo for a year and he loved the people. Materially, they had nothing but they would invite him into their huts to share the very little that they had and he felt very embraced by them. When he left they sent a present to me, his mother, which I have always treasured. It takes a special consciousness to welcome others when you are in pain and poverty. These huge-hearted people will emerge like Phoenix from the ashes

of the old and demonstrate to the world what unconditional love is.

~ Egypt ~

The people of Egypt have lost their connection with self and consequently with their souls. They do not know how to find it again for they are consumed with fear; as a consequence the people are resisting everything. This shadow of fear is coming from the army, the government, drug gangs and other sources, and the people simply do not know where to turn. To address it they need to be given a vision of hope, abundance, empowerment but most of all freedom. Those who read this are asked to send the Angels of Freedom, the Principalities who are very high frequency angels, to Egypt.

~The Principality of Africa is Aphra ~

The energy of the Sphinx has been on Earth forever, and Ra also took this from Atlantis to Egypt. It is connected to Mars, protects and watches over our planet and holds the Akashic Records at a fifth-dimensional level. The ascended aspect of Mars is Nigellay, which radiates the peaceful warrior energy. However, the energy of the Sphinx will not be released until the shadow of fear engulfing Egypt is dissolved, so the current situation is holding back not just the Middle East but also Africa. And when the incredible portal of the Sphinx does fully open, it will have a monumental impact on both, the Middle East and Africa, ultimately embracing the whole world in the energy of the peaceful warrior.

Archangel Metatron's retreat is at Luxor in Egypt. He is holding the ascension energy for the planet and draws great light into this country. Luxor is the planetary throat chakra, connected to the Milky Way. This chakra is in the charge of Archangel Michael and has now fully opened. However, the fear in this country is causing energetic conflict within it and is upsetting communication around the world. We need to focus on sending love to this portal.

At the fall of Atlantis, the High Priest Ra led his tribe to Egypt, so they form the basis of the Egyptian culture, bringing forward the Pharaohs. Ra's tribe brought with them the design of the Pyramids, which are awesome cosmic computers, helping to hold the Earth in alignment with the stars. The Great Pyramid is a mighty, fully fifth-dimensional portal and cannot be diminished, so is not affected by the energies in Egypt. Perfect energy is coming out of this chakra but a murkiness around it is picked up by those driven by fear. Crystal healing grids are also being laid throughout Africa,

between the Sphinx in Egypt and South Africa, to generate healing energy and bring the continent into harmony. Egypt will be at peace by 2015 if enough people send in the light and the Egyptians accept it.

~ Ethiopia ~

This is the most mountainous country in Africa where the light is still bright. Like the rest of Africa there is a conflict here between the darkness of slavery and the ancient wisdom. Freak storms will cleanse much of the area but the big hearts of the people will embrace each other and enable a golden city to arise in the mountains after 2032.

~ Gambia ~

The horror of slavery has left pain and karma in the land of Gambia. Lack of resources has made it dependent on aid. However, this country will be spiritually affected by two factors, its proximity to Mali and the beauty of its coastline. If the people raise their frequency and start to honour women, they will raise light and their finances will flourish.

~ Kenya ~

The coastal countries were kept pure in ancient times by their connection with the water and the innocence of their fishing activities. However, as in all Africa, fighting and slavery were dark forces that undermined the people and left karma in the land. The treatment of animals, especially rhino poaching, is also holding much of Africa back. On the other hand, the beauty of the coastline and the blessing of the water will help to raise the frequency so that peace will be established and prosperity will gradually flourish. This country will be ready for the ascension of the planet by 2032.

~ Malawi ~

The recent history of Malawi as elsewhere is one of decimation by AIDS, corruption and subsistence agriculture. Furthermore, it has been subject to natural disasters and famine. The loss of self-worth from slavery and disempowerment by foreign invaders has attracted the misfortune. It is beginning to turn a corner. After 2012 this started to reverse as the portals of Table Mountain, the Sphinx and the Great Zimbabwe started to open. People will regain their belief in themselves. The energy from the portal of

Honolulu, which is bringing higher love into the sacral chakra will start to impact on sexually transmitted diseases. By 2027, this country will be economically self-sufficient and by 2032 AIDS will have disappeared.

~ Mali ~

Mali was fully Lemurian, so their love is held in the land, as is much darkness from pre Lemuria. At the fall of Atlantis the Dogons left Ra's tribe and moved here to northwestern Africa, bringing the wisdom of Sirius with them. They hold huge amounts of wisdom and knowledge, not just about Sirius, sacred geometry and spiritual technology but also about other star systems. As the cosmic portal here opens and the consciousness of the world rises, they will feel safe enough to share this with others.

Mali was once the centre of the gold and salt trade based in Timbuktu and the karma of this period was fairly well balanced. When the portal started to open in 2012 its light began to touch newborn children. This will ensure that they bring with them a clear pure memory of the light and wisdom. While the Dogons hold fifth-dimensional light, the rest of the country has lost its soul connection, which has resulted in famine in the past. This may reoccur before the great cosmic portal of Mali fully opens and starts to reconnect everyone to their true essence. Then this country will shine

~ Mauritania and Senegal ~

Both these countries on the west coast of Africa were fully Lemurian. As with much of Africa they have been exploited and colonized. Both were centres of the slave trade, earning huge karma and filling the earth with sadness. There is great poverty here and if Mauritania exploits her offshore oil in the Chinguetti and Tiof fields they will earn more karma for all that is spiritually permitted in the world has been taken. When the portal of Mali opens fully, the higher light will finally restore the true purpose of the people in these countries, so that they can find hope again.

~ Morocco and Tunisia ~

In early times the Phoenicians who colonized these countries were merchants and traders, not warlords, so there was no particular karma from this period. Morocco was partly Lemurian, so much light was put into the earth during this age. However, all these countries in North Africa have a

history of being invaded by those who wanted their strategic positions, so there is a history of disempowerment and bloodshed.

2010 marked a shift for them when the Tunisians rose up in protest, demanding economic fairness and more light. This rising consciousness spread to all these countries whose people will continue to seek freedom. There will be earthquakes, some quite severe, as the old energy is finally transmuted; and because of the destruction women will need to do their part to help, thus emerging empowered in their own right. This will bring in higher spirituality and allow these areas to flourish and be totally peaceful by 2032.

~ Mozambique ~

Mozambique was a slave-trading centre and the pain is in the land. Some was washed out in the floods of 2000 but it will eventually all be cleared and this noble land will reclaim its original power. Gradually, as the light rises throughout Africa it will rebuild and be ready to take its place in the new golden age.

~ Namibia ~

Namibia is rich in minerals and its diamonds connect it to Archangel Gabriel. Yet it has a similar background of conflict and slavery to the rest of Africa. As with other parts of coastal Africa the ocean waters have cleansed some of the horror but much remains in the land. When the rising consciousness touches Namibia, this will be a country of joy and happiness as the past is forgiven and released. This should happen by 2032.

~ Niger ~

Right on the edge of the Sahara desert this country has endured slavery, poverty and disempowerment. Yet in the Golden Age of Africa this was a green and abundant land where the people were both wise and knowledgeable about the earth. This inner wisdom remains within them waiting to be triggered. Like so many people who have been disempowered the citizens of Niger have lost their connection with self and have therefore attracted poverty of all kinds. The opening of the portal of Mali will help them greatly and they will slowly start to find themselves during the next twenty years. The more light and love sent to the country the quicker will be their transition to the golden age.

~ Nigeria ~

The world's fifth-largest oil producing nation and with a vast population, Nigeria is a complex country. Originally a place of wonderful creativity and abundance, this higher consciousness wilted under the onslaught of takeovers and slavery. Now underlying everything is huge fear that all will be taken away from them. Not even the oil revenues are filtering through to the Nigerians. This fear is currently expressed as violence, witchcraft, poverty and corruption. The change will take place as consciousness rises worldwide. The waters of the River Niger and the Gulf of Guinea will start to purify the areas around the coast, influenced by the portal of Mali. As the people regain their self-worth they will automatically be treated with respect and attract abundance. Then this country will work together as one unit and peace will come about slowly by 2032. Eventually a golden city will rise as Africa starts to shine.

~ South Africa ~

The fifth-dimensional planetary Solar Plexus chakra covers the whole of South Africa. Like your personal yellow Solar Plexus chakra, the planetary one takes in fear and transmutes it into golden wisdom. South Africa is dissolving and clearing the fear of the world, which is why it rarely shines, for more negative energy pours into it as soon as it has transmuted what it has already taken in. Furthermore, Earth is the cosmic Solar Plexus chakra for the universe, and again we are transmuting the fear of the universe through the chakra in South Africa. The World Cup in 2010 helped hugely to dissolve negativity, as excitement and light was focused onto the football. It brought the whole of Africa into the light. Every living organism emits a sound. Each chakra, continent and planet resonates to a specific note. The note of the Solar Plexus is B. The note of Africa is B. The note of Earth is B. The note of the vuvuzela that was heard incessantly worldwide during the World Cup is B. It was clearing the fear drawn to the planetary Solar Plexus chakra of South Africa and helped it to shine. South Africa is linked to Mercury, the planet of communication and will greatly help the world in the future.

~ Sudan ~

A complex history of invasion, rule by different powers and religious conflict has created centuries of negative energy in the land. In 2001,

massive floods cleansed some of the karma. It did focus world attention and some help onto this country. As in so much of Africa the very difficult situation will be assisted by the rising frequency of the world and many will support this country and others in Africa to take their rightful place again.

~ Tanzania ~

Tanzania is blessed by a long and beautiful coastline and many lakes, which have helped to cleanse the land, especially of some of the barbarity of the slave trade that has darkened the ley lines here. Zanzibar is a particularly dark spot though the Cathedral Church of Christ built on the site of the slave market has somewhat mitigated the karma. Diamonds, gold and silver in the earth have also helped light up the land here from within. In addition, Mount Kilimanjaro and the other high land have held the light. Furthermore, this country has avoided the internal strife that has been prevalent in most of the countries in Africa and will be ready to open up spiritually when the frequency rises on this continent. It will be prepared for 2032.

~ Uganda ~

After two decades of civil war this landlocked country is at last settling, though the land is filled with pain. This once beautiful area has been severely deforested and the desecration reflects the feelings of the people. Reforestation is now in hand. All this recent karma must be cleansed. However, in ancient times the beauty of the area and the high-frequency vibration of the hills meant this was a magnificent place. That energy is still impacting on Uganda and shining a vision of what has been and can be again. By 2032, this land will be abundant again.

~ Zambia ~

Zambia is one of the most beautiful places in the world with a perfect climate. It is blessed by the Zambeze river and the Victoria Falls, which help to keep this country cleansed and pure. Many of the world's big animals have gathered here and the nature reserves have helped to raise the energy of the country. In ancient times, the people knew how to use the copper and other minerals for the highest good. The copper in the land connected this country directly to the sun, which influences the navel chakra, the spiritual centre of welcoming and togetherness, that makes inhabitants and visitors

alike feel they belong. The Zambians still have this link but recent history and the mining of the copper have diminished it. This link will be re-established as this country finds itself again over the next ten years. It is directly on the golden line from the Sphinx through the two-way interdimensional portal of the Great Zimbabwe and Table Mountain, which will massively impact it and return it to its former glory by 2032.

~ Zimbabwe ~

This country was so beautiful that it was often known as the Garden of Eden. Rich in copper, gold and other minerals it attracted traders for thousands of years and they established slavery. There is much hurt and anger held in the land that even the beauty could not dissolve. This old anger and feeling of disempowerment has enabled Zimbabwe to be controlled by cruel dictators for many years. Eventually, this too will pass as the frequency rises, for Zimbabwe contains the two-way inter-dimensional portal of Great Zimbabwe, which radiates nobility and courage and strength. When it opens it will change the energy of the people. Their hearts, even when they are afraid, are very big and they will forgive the past and be ready to attract abundance by 2025.

CHAPTER 26

South America

An Overview



As people power is rising throughout the world, unrest is spreading. There will also be physical changes here, some of which will affect the earth, such as earthquakes and mine collapses. However, this continent has many wonderful energies and magic in it. It will offer creativity and much more to the world.

The sounds and overtones produced here by the mountains and forests vibrate through the ground and affect the whole planet.

We currently have access to only a fraction of the Mayan wisdom. When it is all available again to everyone, South America and the whole world will be enriched by it. South America will be a continent of happiness and spiritual abundance, where all countries will blossom.

~ Economy ~

Unlike the rest of the world, there will be no double-dip recession here and the economies will be steady. South America holds many of the answers to world economy and will inspire the world by adopting and finding solutions. This continent will wake the world up. They will find natural ways of creating enough money to survive. Through television and media, the world will see that South America is happy and will start to question their own systems and make changes.

~ Spiritual Influences ~

At the end of Atlantis, the kundalini or spiritual life force of the planet was taken to the Himalayas, where it was held by Sanat Kumara in his retreat in the Gobi Desert. It was a masculine energy. This energy has now been moved to South America, where it has transformed into a ball of feminine energy. Archangel Sandalphon in his retreat in the Magical Crystal Caves, at the beautiful Lake Atatlan in Guatemala, is now overseeing this energy. It

was released when the kundalini of the planet rose in 2012. Since then South America has started to flower.

EXERCISE: *Sending Healing to South America*

1. Sit quietly where you will be undisturbed.
2. Light a candle and play soft music if possible.
3. Picture South America in your mind's eye, covered in a carpet of flowers in bud.
4. Visualize the flowers throughout the continent opening up and radiating out light.
5. See people throughout the area dancing, radiant with joy, hand in hand with angels.
6. Know that as you see the flowers opening and the people dancing with angels, this is symbolically opening you up too to love, happiness, spiritual joy and angelic connections.
7. Thank the angels, then open your eyes.

CHAPTER 27

Forecasts for Countries of South America



~ Brazil ~

This vast country is currently affected by the devastation of the forests, mining and corruption. However, cosmic love from Venus deep within the Earth is waiting to rise. This will raise the consciousness of the people, who will realize the importance of the trees. The people will claim their power and start caring for the land again.

There is a long tradition of healing in this country. In the recent past many of these healers have been persecuted by the Church, state and military but at last healers are finding refuge and are practicing more freely. This is expanding the consciousness of many South Americans.

~ Chile ~

In 2010, when I heard that there were miners trapped in Chile, my heart sank. Then we learnt there were thirty-three of them, and my heart leapt and I was sure they would emerge, for thirty-three is the number of the Christ consciousness, the energy of unconditional love. The fact that this took place in South America is also important, for this continent is connected with Venus, the cosmic heart, and draws in and carries the love energy for the world. The borehole went through on 10-10-10, the day of new beginnings, and this seemed so promising! And all thirty-three miners representing the Christ light emerged intact. What a wonderful omen for Chile, for South America and the world.

For the miners themselves it was an initiation. These are always extremely challenging and life-changing tests and many souls are undergoing them at this particular time, for they offer huge opportunities for spiritual growth. It was a spiritual transition for the world.

~ Guatemala ~

Not only has the kundalini of the planet been moved to Guatemala, but also the cosmic heart is here and is opening now. It is connected to Venus, the heart chakra of this universe.

~ Honduras ~

There is a cosmic portal here at the Mayan settlement, which opened before 2012. The energy of this portal is warming, and it will melt away as much pollution as possible by influencing us to live in a spiritual way. People feel at home when connected with it.

~ Mexico ~

The people of Mexico hold a feeling of unworthiness and guilt within their collective consciousness and fear within the land, which is why the United States has resisted them so strongly. This will be cleansed soon.

There is also much wisdom held within the land. Local portals are starting to awaken, affecting the people and bringing forward the ancient wisdom. In addition, when the portals of Sedona, Arizona and Hawaii open more fully, this will profoundly affect the consciousness of Mexicans and their neighbours. By 2032, this will be a glorious place to be.

~ Peru ~

The planetary crown chakra is in Machu Picchu, Peru, in the charge of Archangel Jophiel, angel of wisdom. It is linked to Saturn and the Moon. Saturn is the star of order and spiritual discipline, while the moon radiates the divine feminine. It also links to Uranus and its higher aspect Curonay.

Mighty great light beings gather here for it is one of the four two-way interdimensional portals on the planet. In addition, the whole of Peru is a cosmic portal carrying the Christ light and connected with Inca wisdom, which was brought here by the High Priest Thoth at the fall of Atlantis. This portal started to open in 2012 and will help us live to our full potential. Our own energy has to vibrate at a high rate in order to do this, which can make it challenging to remain grounded. However, the Earth feels strong here and works in perfect harmony with the portal, which will help people to feel connected to the planet. Generosity is enhanced by this portal.

Lightworkers have made huge efforts to send light and protection to this portal and it is becoming clearer.

While Lima is very dark and will need to be cleansed, the Andes

Mountains are a belt of pure energy. The trees that cover the area also keep the energy held as high as possible, for they contain ancient wisdom. From here, elementals send out telepathic messages of support and encouragement to their fellow elementals and the tree network. Commander Ashtar uses the portal at Machu Picchu to access Earth with his spaceships in order to help and protect us. The angels of communication also come through here, bringing the crop circles with their symbols to wake us up. Peru will ultimately be a country of great light and compassion.

The crystal skull created by the High Priest Thoth in Atlantis was released to its custodians in 2012, and we will all unconsciously benefit from the information programmed into it.

CHAPTER 28

Russia and Mongolia



~ *Russia* ~

There are six cosmic portals set to radiate Christ light throughout Russia and Mongolia, opening between 2012 and 2014.

THE FIRST PORTAL in Mongolia has a special energy for the animals, helping them wherever they are to feel happy, secure and loved. Those who connect with it fully will be able to communicate, understand and help the animals (and therefore the planet) on a completely new level. They will also find that their heart chakras open fully. Angels will work with certain people in this portal, for example scientists and some farmers, in order to help them see the world in a fifth-dimensional way. This portal opened in 2012.

THE SECOND PORTAL in Omsk, in the Urals, also opened in 2012, is extremely powerful, carrying special black and orange energy. It breaks down barriers, which makes some feel exposed. However, huge amounts of love, kindness and generosity pour from here. This enables our Guardian Angels to connect more closely with us.

THE THIRD PORTAL is in Siberia, and many beings from other planets will use this to visit us. We can tune into it to move in and out of different dimensions. When we link with its energy, it will help us in dreams and meditation to view the past, have glimpses of the future, visit the spirit world and understand the present. Because there is so much activity here, you will automatically receive protection when you connect with it. Eventually it will affect everybody. This portal opened in 2012.

THE FOURTH PORTAL in Agata, Northern Russia, will not open fully until 2014. It holds a great deal of Christ light. This portal teaches family structure and discipline, and helps us to return to our roots, work as a team, become part of the bigger picture, and to love and accept our neighbours.

THE FIFTH PORTAL is at Opala on Kamchatka Island, Russia, also opening in 2014. This is a portal for laughter, community spirit and reality. It grounds you and helps you to know who you truly are. It enables you to understand who you have been throughout your soul journey.

THE SIXTH at Gora Chen in the Kerkeyansk Range, Russia, started to open in 2010. It holds angel light and these seventh-dimensional beings connect with us through it. The energy here ensures that you meet your fate and deal with it. Those whose vibrations are low because of unresolved emotions from this life or another will find it challenging to connect here. It can be beneficial to visit Opala first.

The opening of these major portals and others will bring in huge spiritual awakening for the people. The confidence of the masses will rise and with it their abundance consciousness, so they will attract good fortune to their countries. Currently the hearts of the people, especially the politicians, are closed with fear of the West. They need to bring the light back. This will happen by 2032, if enough individuals offer their prayers for it to do so.

The new energy coming in will open many up psychically, so that they will see things in a very different way, and it will give them hope again. The vast landmass will divide into smaller communities, who will live in harmony internally and be at peace with their neighbours.

Partly because of snow melting but for other reasons too there will be wide-scale flooding which will bring the highest out in the people. They will work hard to help their compatriots, and even open up to receive help from elsewhere.

Where the snow melts, the land will be pure, so it will attract high-frequency newcomers to create fifth-dimensional communities. Eventually, Golden Cities will arise in Russia and Mongolia, and people will laugh again.

EXERCISE: *Sending Healing to Mongolia and Russia*

1. Sit quietly where you can be undisturbed.
2. Close your eyes and relax by focussing on your breath.
3. Open your heart until you can feel love pouring from it.
4. Send it to any part of the country you feel drawn to.
5. Call in Archangel Gabriel and sense his presence near you.
6. Visualize pure white droplets, like snow floating down over the area

you are focussing on. This is Archangel Gabriel's energy purifying the place.

7. Imagine this white purifying snow falling on land where it has never been seen before, cleansing and lighting it up.
8. Thank Archangel Gabriel for helping you to purify that country.

CHAPTER 29

Australasia and The Pacific Islands



This is one of the areas most influenced by the Lemurians during their time on the planet, before Atlantis. The Universal Angel Roquiell has his retreat over Uluru, holding the energy of Australia.

~ Australia ~

The economic situation will be difficult in Australia and New Zealand, though not as challenging as in Europe, America, Russia and China.

Uluru is a massive cosmic portal that has now started to open. It connects with ancient Aboriginal wisdom, which will steadily begin to release from this portal, helping people to feel and see truth. Angels are working with the spirits of the Aborigines to take away any doubts or uncertainty we feel in our lives. The light spreading from here will help bring back an understanding and love of nature and the land.

In addition, this area will become the main welcome portal for spaceships and other beings to this universe, bringing huge benefits to this area of the world. Many star children from other planets or universes, who understand the importance of intergalactic travel and communication, will incarnate here.

I am told that initially the weather conditions in Australia would be more extreme, with unprecedented floods, heat waves and droughts, so that more of the country would become uninhabitable. Parts of Australia would disappear. Unfortunately, this has already proved to be true, with towns on the East Coast submerged. The Queensland flooding was truly terrible, and while there will be more flooding as the transition progresses, nothing like the floods of 2011 will occur again in Australia.

As the frequency of the planet rises and scientists are allowed to 'discover' the secrets of controlling weather and creating rain, some parts of Australia will become not just habitable but pleasant and beautiful. Once the world has learnt how to bring forward the element of water and can provide it where it is needed, there will be a massive drive towards reforestation, and

after 2027 Australia will change beyond recognition.

Despite the way that the English settlers treated the Aborigine natives, there is not too much karma for this country to clear. This is in part due to the way the Aborigines honoured the land for centuries, as that accumulated positive energy there.

Also, thanks to the climate many people have focused on sports and outdoor life. However, in those areas where the focus has been on the greedy accumulation of money and power, the Earth will be cleansed. This applies to all areas of the world.

The Australians will bring forward technology provided by the extraterrestrials. In accordance with fifth-dimensional principles they will share all knowledge freely throughout the world. This will be done both by distance telepathy and advanced computer knowledge that we would currently find inconceivable.

When the portal of Uluru and the portal in Hawaii containing the Great Crystal of Lemuria awaken, it will influence Australia immensely, raising the frequency and making the people gentler. They will become much more in touch with the Earth and want to heal it.

~ New Zealand ~

New Zealand's energy is pretty pristine. The people will all start to work together, co-operating for the highest good.

This area has always been an earthquake zone within the ring of fire, and the devastation of Christchurch's business centre in February 2011, which was right on a fault line, reminds us to be careful where we build and live. It was sending a call to all those living on fault lines that they are vulnerable. However, as has happened since time began, certain souls are drawn to live 'on the edge' and this will continue. This particular earthquake also warned people everywhere, that the best way to ensure the safety of any area is to live and work in the fifth dimension.

There will continue to be earthquakes here along the fault lines. This is because the land of ancient Lemuria within the ring of fire is rising again over the next few thousand years, and this will impact on the land in New Zealand. It may feel challenging, but this country will have a relatively easy passage. The areas away from the fault lines will be safe.

At the fall of Atlantis, one of the twelve tribes led by the High Priestess Hera went to the Pacific Islands and then on to New Zealand. They became the Maori, bringing with them mystical and shamanic wisdom as well as

unique farming knowledge. After 2012, this knowledge will return to the consciousness of the people and help them with the future.

As more people become psychic, they will be aware that this country is already an entry portal for spaceships of light, especially those of Commander Ashtar's command, which enter here. They will embrace and welcome the presence of light beings from other planets and the help they bring. As a result of the extrastellar assistance, New Zealand will prosper and be an example to the world, especially after the cleansing during which the supervolcano is expected to erupt.

~ Fiji ~

The navel chakra can be found in Fiji, and it is opening to a fifth-dimensional frequency to bring trust and friendship to the world. Harmony will spread from here to accelerate a feeling of brotherhood and sisterhood, with mutual respect for different cultures. By 2032, everyone will honour their neighbours.

A huge cosmic portal containing the Christ light opened in 2012, and is filled with ancient Maori wisdom. At the fall of their continent, the Atlanteans came to Fiji, before they continued to New Zealand. This portal balances energies allowing for the best to shine from the people and the planet. Lost memories will return and old bonds between friends and family will be re-cemented whether or not the person is in spirit or body. People will feel inspiration, understanding and Oneness when they are affected by this portal.

~ Honolulu ~

The sacral chakra of our planet is in Honolulu. Archangel Gabriel is bringing through the fifth-dimensional pale pink energy of higher sexuality. The light spreading through here will help people worldwide raise their frequency from lust and neediness to love and caring with self-worth. As the feeling and understanding of pure sexuality radiates from this chakra across the globe, sexually transmitted diseases will start to wane and disappear totally by 2032. A knowing of transcendent sexuality will return.

~ The Pacific Islands ~

Fiji and Honolulu are the spiritual navel and sacral chakras of the planet in the charge of Archangel Gabriel, which is why these islands express

sensuality, warmth and welcome. Both fifth-dimensional chakras in the Pacific started to open in 2012.

These planetary chakras in the Pacific are connected to our own planet, Earth, so the incredible wisdom of all our ancient civilizations, portals, kingdoms and the golden ages will be spread through here. In addition, when the cosmic portal opens on Fiji in 2012, the Pacific as a whole will start to radiate pure love and spread it everywhere.

The cosmic portal of Mu, also situated in the Pacific Ocean, started to open 2012 and re-awaken the latent wisdom of the ancient civilization of Mu, which was the Golden Age prior to Atlantis and Lemuria. This energy will help others accept themselves and reach inner peace, so they can permanently leave behind the old. They can then really get in touch with who they are, and this will allow them to evolve. This portal is full of healing energy that will help to settle the weather in this area.

EXERCISE: *Dolphin Visualization*

1. Find a place where you can be quiet and undisturbed.
2. Ask a dolphin to come to you and spend a few moments experiencing its love and wisdom.
3. Picture huge columns of golden light rising up from Hawaii and Fiji and falling like a fountain over the Pacific.
4. Then be aware of thousands of dolphins taking this golden light to every ocean of the world.
5. When the seas are filled with this golden light, see it rising like a mist and spreading over the landmasses.
6. Focus on barriers dissolving everywhere as people welcome and embrace each other.
7. Thank the dolphins for their energy and open your eyes.

CHAPTER 30

Arctic, Antarctic, Canada



~ The Arctic ~

The planetary Stellar Gateway is in the pure snow-covered Arctic, which has been prepared for centuries to hold this high frequency. This place is linked to an energy cluster in the Pleiades, which connects to a wormhole that accesses Source. Archangel Metatron is in charge of the Stellar Gateway.

In addition, the cosmic portal at the North Pole is beginning to open now. The highest and purest light, including more of the Christ light than any other cosmic portal, is pouring in here now that the great portal of the Arctic has started to waken. It is extremely expansive and so huge that it will influence the entire world.

All types of energies merge here and work harmoniously and positively. If you visit this portal, it will absorb and dissolve lower or harmful vibrations if this is for the higher good.

The cosmic portal in Alaska, Arctic, connecting with Inuit wisdom also opened in 2012. This portal helps to materialize the words of the angels. It has a cleansing energy and elementals work with its light; particularly active are esaks whose task is to cleanse negativity on the planet. When you link into it, it connects you with other worlds, so you can communicate with and help them. It is a very magical place, which does not impact on the climate in any way.

This area has been covered in snow and ice for a long time, and has therefore been purified. The Inuit living here originated from Golden Atlantis and they hold the wisdom of their tribe from that special era. Because Alaska is a high-frequency area, it will attract evolved people who will migrate here when it eventually becomes habitable, so that they can bring forward the blueprint for the fifth-dimensional world.

~ The Antarctic ~

The Antarctic is totally pure, and its energy helps the animals of the world

adapt more easily to change. The cosmic portal here is linked to the one in Yorkshire, UK, and the latter is influencing the change. Archangel Sandalphon is working in the Antarctic to spread calm and tranquility to the rest of the Earth. This is already starting to happen. This cosmic portal is connected to space and to other portals, which are outside our solar system. As a result, we will receive great help and the wisdom we absorb will be spread from here across our planet. Earth herself can benefit from being open to the energy of other planets, which can be accessed through this portal. Ultimately, this will enlighten us and enable us to see more clearly.

The cosmic portal at the South Pole opened in 2012 and it feels full of life. It energizes and brings creativity, light and laughter to people and animals. When connecting with it, you will be able to feel your loved ones in spirit as well as the spirit world as a whole much more clearly. When linking with this portal correctly, you will be filled with bliss. After 2012, once all the portals are open and active, this one will cleanse the planet and expand our consciousness.

~ Canada ~

Archangel Michael's retreat is at Lake Louise, Banff, and he has been holding the energy of Canada, giving the inhabitants much strength, courage and protection. With little karma and many older souls incarnating here, this country has been cleansed by ice and snow over a long period of time. The transition years here will be relatively easy, and then its light will truly shine and also help its neighbour, America, to move into ascension.

There is a cosmic portal in Banff, Canada. This particular portal is ever-changing its size and energy. It awakened in 2012, and the people are now ready to hear its messages. Archangel Michael's light is very strong here, and special, sacred energy flows within the portal, which will soon spread across the world.

CHAPTER 31

USA

An Overview



America is enormous and each of the fifty states of the USA, including Alaska and Hawaii, is affected by slightly different conditions with regard to weather, political and historical background.

The whole country has been influenced by Barak Obama who has become the 44th President of the United States. His election in November 2008 created a wave of excitement throughout the world that pushed the Earth onto her ascension pathway. Forty-four is the number that vibrates with the Golden Age of Atlantis, and in that Age, Barack Obama was indeed a priest who was trained specifically to be a bridge between races, opposing sides, states and countries for his current incarnation.

He came in with the qualities to take the United States forward but opposing forces such as the gun lobby, the third-dimensional dogmatic souls in the Bible Belt and the backlog of karma throughout the country have drained his resolution and power. He has felt forced to engage with lower energies rather than shine the light. It was hoped by the spiritual realms that he would be able to hold enough power to make changes, but he is not connected to the angels. In addition, his focus was intended to be on the United States, but his desire to be a world leader has meant that he is in danger of failing in his soul mission.

The karma and resistance to change will need to be cleansed and transmuted in this country. Some of this will be cleared by nature. In some areas, however, extraordinary angelic grace will help the places and people shift to a higher dimension.

At the fall of Atlantis, the High Priest Imhotep led his tribe to North America, where they settled, intermingling peacefully with the local people and spreading their great wisdom about the land, nature and the honouring of animals. Gradually, the Atlanteans lost their benign influence and the different tribes became warlike, starting to fight each other. Deep pain was left in the ground where this happened. Rage is locked into the Earth at the

sites of battles, massacres and war, sadness where there was mass movement of tribes. In the slave states, many still need to understand Oneness, open their hearts or learn to forgive. Throughout the continent, there has been much accrued karma over the last four hundred years, which must be balanced by 2032.

In contrast to this, the noble ideals of the Bill of Rights has given Americans a sense of freedom, justice and worth. Some highly idealistic and evolved people have incarnated here to hold the flame of independence and freedom for the world. Parts of the land are exceptionally beautiful and this beauty is reflected in the souls of many of those who live there. This has drawn in the help of the angels.

~ *Weather* ~

Because the continent is so enormous, the weather varies throughout. In general terms, though, it will become more severe. Cleansing will take place almost everywhere, and there will be mass movement to high ground.

~ *Economy* ~

Many souls are attracted to incarnate or live in the US to experience power, money, control or success. However, as in Europe, fury with bankers will erupt and the majority will realize that greed and hedonism are not the best visions. This country will be badly hit by the double-dip recession, and the citizens will start to realize they have to live in a different way, working together and supporting each other. They will start to care for each other in communities.

The flooding of New Orleans was the forerunner to cleanse the land and demonstrate the lessons to be learnt. If they are not absorbed and changes in consciousness made, continuing big natural disasters will draw attention to the huge divide between rich and poor. In that case, within the next ten years the people themselves will demand that this be redressed. Social conscience will ensure the poor receive the material help they need as well as assistance to regain their confidence and self-worth.

There will be a crisis of confidence in the country, as they realize they cannot afford to pay for oil. The oil in the Bakken oil fields and others is for the lubrication of the tectonic plates. However, the soul of America does not recognize this. It is anticipated that they will try to exploit these oil reserves, and if they do, the consequent karma will be severe in the form of major accidents and economic loss.

Another big economic hit will occur when the San Andreas fault goes, and this may well happen before 2032, unless huge amounts of light are poured into the land here.

~ Spiritual Influences ~

The Americans have a deeply entrenched belief that they are special, and even the chosen ones. As a result, they have withdrawn themselves from the rest of the world and become isolated. The cleansing that takes place here through natural disasters will cause them to ask for help. This development of humility will be the catalyst that takes this country into a higher consciousness.

The light is rising everywhere, and there are pockets of pure angelic energy in the US that will wake up the vast mass of people psychically as well as spiritually. Many will be shocked when they start to see spirits and angels, dashing their firmly held beliefs. As they start to question their beliefs, this country will be transformed from a religious one to a spiritual one. The US will ultimately become an open, caring fifth-dimensional nation.

Many people will move from places that are being purified to higher ground. The mountains everywhere will become popular places to live. As huge numbers move to the high-frequency places, their own consciousness will automatically rise.

There are six cosmic portals opening in the United States that bring in the Christ light of unconditional love, the twelve rays and the silver ray of the divine feminine.

THE FIRST ONE is the cosmic portal of Atlantis in the Atlantic Ocean. This portal is already opening, waking up the energy of the Temple of Poseidon in the Atlantic Ocean and bringing forward the wisdom of Atlantis. This will physically help people and animals alike to ascend by working with their energies and triggering their ancient gifts and talents. It will enable many to see everything in a new light and to feel more inspired, energized and knowledgeable.

THE SECOND COSMIC PORTAL, the portal of Lemuria, is based in Hawaii and also already opening. It is thereby activating the great crystal of Lemuria and returning the wisdom it holds to the Earth. This is bringing a new humility to the world, as well as a deep love of nature and a desire to heal the planet.

THE THIRD COSMIC PORTAL is called Hollow Earth because it is one of the main entry points for human energy into the seventh-dimensional centre of our planet. The opening of this portal to the centre of the Earth, happening now, is affecting the ley lines. It covers Oklahoma, Kansas, Nebraska, South Dakota and the bottom of North Dakota in an oval shape. In 2012, the energy became strong enough to start to return it to its original circular shape, impacting the people and the land. By 2035, it will be fully open for three years and then close slowly. The impact will be both physical and energetic; it will swiftly reform many parts of our society. Higher angelic energy will pour from it bringing compassion and love beyond that which we have yet experienced. The weather here may be a little unsettled at first, after 2012.

THE FOURTH COSMIC PORTAL is in Sedona, and this is connecting with Native American wisdom. It opened in 2012. People influenced by this portal will start to accept their magnificent gifts and talents. Communities will stand together and begin to understand their land, their heritage, their past and their place in the world. They will know how to unlock the best from the planet, so that it can replenish itself and all can work in harmony. This portal is helping to bring about Oneness. This will involve changes, but when the time is right, truth and peace will prevail.

THE FIFTH COSMIC PORTAL is a very important one in the Bermuda triangle, which houses the Great Crystal of Atlantis. The Great Crystal was held within the Temple of Poseidon and had many roles, one of which was to be a portal. When Atlantis fell, the crystal lodged at the bottom of the ocean in the middle of the Bermuda Triangle. When the Intergalactic Council needs to use the portal, it is opened and everyone and everything within the Bermuda Triangle goes through a rapid inter-dimensional shift. To human eyes, it seems that they tragically disappear, but at a soul level anyone involved agrees to this experience. They ascend to another place, ready for the next step in their evolution. The energy around this portal is thick, to protect the rest of the world from its unique and wonderful influence, which is why it will not dramatically affect weather conditions too far away from its base. The great Universal Angel Joules is in charge of this portal and the oceans.

THE SIXTH COSMIC PORTAL is in Alaska. This cosmic portal carries huge amounts of the Christ light, the golden energy of unconditional love. The high-frequency energy pouring through here will affect the whole

country considerably.

In addition, Yellowstone is a huge portal for nature and animals that will be fully open and seventh-dimensional by 2032. As it opens it will radiate energy to help people understand that animals are on their own journey. Domestic and wild animals will pick up its yellow energy and accelerate their ascension journey. The volcano here will not erupt during the transition years. Another vast portal is the Grand Canyon that holds the energy of the Pleiades, thus bringing in healing for the continent and the world.

EXERCISE: *Sending Healing to the USA*

1. Light a candle and dedicate it to the president of the United States, visualizing whoever is holding that office, being connected to the Christ Light.
2. Visualize Lord Meitreya, who holds the Christ light, pouring that golden energy down onto Barak Obama, or any future president.
3. Picture it going down through the president's crown chakra into his heart.
4. Ask the unicorns to help and see them surrounding him and showering him with light from their horns.
5. Visualize Archangel Gabriel purifying the White House.
6. Give thanks to the archangels for their help and open your eyes.

SECTION 4

2032 and Beyond



CHAPTER 32

Technology by 2032



People often ask me if there will be mobile phones and televisions in 2032. What will have happened to the Internet? Will there be cars?

By 2032 most people will have anchored their twelve chakras and will have opened psychically and spiritually to some of their genetically encoded gifts. People will then generally communicate telepathically or at least be so attuned to each other that telephones will not be necessary. However, there will still be a few people who will communicate by phone. More importantly they will still be using some of the same frequency bands that are so harmful to the bees, dolphins and whales. But it will no longer be as widespread and all-enveloping. There will also be much more awareness of the damage that can be inflicted by certain wavelengths and people will avoid them.

Will people have televisions then? Quite possibly in their attics or forgotten in some shed. Technology will have moved on and no one will want a TV. It is rather like asking someone now if they still have a gramophone.

The Internet will still be available though it will be much more sophisticated than what we have now and based on spiritual technology, similar to that in Golden Atlantis. The wave bands will be a much higher frequency and will only carry positive or inspiring material and information. Since most of the population will be fifth-dimensional they will not be interested in the sort of traffic that is currently transmitted.

~ Spiritual Technology ~

On the one hand life will be quite simple and natural. On the other there will be awesome spiritual technology available, which is nothing like we know now. Every single thing will be on a much higher frequency and we cannot imagine it.

The angels long ago promised that they would make themselves visible to humanity. They did so by impressing open-minded scientists to create

digital cameras at a frequency the spiritual realms could work with. The angels were then able to bring their vibration down so that their light bodies could be caught in photographs. The result of this is the occurrence of Orbs, which have caused such a worldwide sensation as people become aware that they are angels. In the same way more scientists will be consciously or unconsciously receiving downloads from spirit and developing them for the benefit of humanity.

Subatomic physics is telling us that the thoughts of the experimenter affect the result of the experiment, but this is only the tip of the iceberg. Soon physicists will recognize that focused thought, especially if a number of people trained in mind control work together, can manifest physical objects. As fifth-dimensional humans develop their higher minds and concentrate on creation for the highest good of all, there will be an exponential shift in our understanding and use of our powers. When we open up to our full psychic potential again, we will be able to create extraordinary and beneficial things.

Crystal technology will have developed well beyond the use of silicone chips in computers, so crystals will be programmed once more to help humanity.

Laser lights will be used to knit bones. They will even be able to heal spinal fractures using lasers with the power of thought and intention. The new medicine will be about balancing people's chakras with sound and light, though herbs and natural products will help everyone maintain the maximum flow of energy in their bodies. Healers will use their minds to raise the person needing attention into the light of Divine Perfection, so that perfect health is maintained.

Everything will be bio-degradable. We will see vehicles made from plant material and they will be powered by plant oils or water. Plant products will be refined into pliable, durable and ecological materials, which will replace products made from oil and most metals.

~ Space Craft ~

With the new technology and materials available, humans will once more explore space. More advanced exploration will only be allowed when international peace and co-operation is established. Then the projects will be successful for the intention will be different from that in current times. The energy of the challenger will transform into something humble and filled with awe. When humans are moved by a desire to explore God's creation and connect lovingly with other star systems, then the spiritual

realms will work in harmony with science.

~ Lighting and Heating ~

This will be provided by sunlight or other natural energy, captured into compact batteries. People will also be able to light up crystals as they did in Golden Atlantis.

There is a divine paradox in the technology of the New Golden Age. As technological advances mean we can do amazing things again more people will want to reconnect to the love of the Earth. Gardening, walking, mountain climbing, cycling and outdoor sports of all kinds will become more popular than ever before.

~ Clothes ~

New materials will have been discovered that are light, breathable and provide the perfect temperature for people. Throughout the world a consensus will choose to don simple all in one suits, a little like cat suits that are suitable for summer and winter, inside and out and incredibly easy to wear.

But, there will be many, especially women who have been repressed for years, who will choose to express their femininity by wearing pretty dresses in dazzling materials. Men too will become freer in the clothes they wear. However fashion will not be important.

There will be no ego, no rivalry, so everyone will be happy to express their true essence as they wish to.

EXERCISE: *Visualization for Creativity*

Master Hilarion, Master of the fifth ray, which is orange, helps to bring in new science and technology. He whispers to inventors, inspiring them to create things that will help humanity. Millions of angels work with him.

1. Sit quietly where you are undisturbed.
2. Hold a vision of a world where we are assisted by awesome, inspiring, spiritual technology, for example a spiritual Internet, free energy that powers us to fly. Let your imagination flow.
3. Imagine you are holding an orange ball of light between your hands. It is getting bigger and brighter with every new thought you have.
4. Visualize angels taking some of the orange energy you have just

created.

5. They are using your energy to whisper to scientists, inventors, physicists, surgeons, vets, doctors and others, opening them up to new possibilities.
6. Accept their thanks for helping to co-create a beautiful future.
7. Open your eyes.

CHAPTER 33

Leadership



It is said that cultures get the leaders they deserve. The Law of Attraction tells us we attract reflections of our inner being. Third-dimensional humanity votes for low quality leaders.

For centuries we have had masculine-dominated politics. On their negative side they display qualities like: controlling, logical without heart, authoritarian, divisive and short term. On the positive site they are logical, considered, numerate and they take action so that change is possible and conditions move forward.

In 2008/2009 a new energy came into the planet, exactly as forecast in the Mayan Calendar. It drew underhand behaviour, cheating and abuse to the surface to be exposed and cleaned up.

Also in 2008 the Silver Ray of the Divine Feminine entered the planet for the first time since Atlantis. It has merged with all the ascended masters and angels and is now starting to touch humanity. The Silver Ray is bringing forward the feminine qualities traditionally regarded as the preserve of women: co-operation, support, working for the good of the whole rather than the individual, covering for those who need help, speaking your truth, listening rather than forcing your views on others. Already these qualities are subtly influencing everyone.

Because the Silver Ray has a very high frequency, those in positions of power who cannot cope with its energy, are quitting their posts. The workers are feeling it and starting to expect their leaders to demonstrate higher moral fibre and honesty. This ray is dissolving the old masculine paradigm and touching the consciousness of the people with the new.

The power truly lies with the population. In the third-dimensional world we have given it away to politicians and big business. To enter the new, we must claim it back.

If enough people can align themselves to the higher truth, the changes will take place like a gentle breeze.

The light that came through in 2012 raised people's self-worth and confidence. As the consciousness rises, individuals will start to love themselves and recognize their divine essence. They will integrate their inner personalities and therefore act with integrity and honesty. Then they will feel happy about themselves, so they will be open and ready to empower others.

When you love and trust yourself, you do not seek authority or guidance from someone outside yourself. You rely on your inner wisdom.

During the twenty-year transition between 2012 and 2032 there will be a huge shift in the way cultures perceive themselves and the rest of the world. In the challenging times of cleansing and weather disruption, people from different countries will work together and support each other and this will leave a lasting feeling of goodwill towards others and an understanding that we are all the same, we are all one. They will no longer look with eyes of fear, suspicion and judgement but increasingly with eyes of love, trust and acceptance.

People will look back with amazement at adversarial politics, bullying tactics and dictatorships. The idea of owning or enslaving another soul will be an anathema. Yet in some traditional patriarchal societies or those with very entrenched views, there may be resistance, which comes from fear and control and will hold everyone back. When you resist you focus on what you do not want. The way forward is to embrace what is for the highest good. Every individual who is ready for equality, fairness, justice and empowerment of all can assist by visualizing the new and calling in the Silver Flame.

*My grandmother, who was a very special, warm-hearted lady,
had a little plaque in her guest room, which read:*

*Hail guest, we ask not what thou art
If friend we greet thee hand and heart
If stranger, such no longer be
If foe, our love will conquer thee.*

To me this encapsulates the way families and countries will behave towards each other as the transition period progresses.

Soon honourable people will emerge to inspire the world through the transition. During this period honesty, integrity, openness and the ability to empower others will be qualities that are increasingly respected.

By 2032 so many people will see or sense the energy fields of others, that there will be nothing hidden. All will be transparent.

The old souls being born in the period up to 2032 are being prepared to be strong, wise, caring, co-operative and enlightened so that they can work honourably for the highest good of all.

Community life will be so different from our current political paradigm that it will be almost unimaginable to us in our present state of consciousness. I originally called this chapter Leadership and Government but Kumeka asked me to take out the word Government as it implies control and there will be no such thing by 2032. There will be no pyramid of power, no leaders. Instead everyone will work together for the highest good, so decisions will evolve automatically.

By 2032 people will mostly be vibrating in the fifth dimension where they recognize that there is no them and us, just us. So on all the continents, communities will be welcoming and supportive of each other. As a world we will share technology and new ideas. Everywhere people will work for the highest good as they co-create a new world.

Within communities, countries and the world people will become co-creators with each other and the divine. All choices will arise for the highest good.

EXERCISE: *Practice Co-operation*

In order to align ourselves with the new higher energies, we have to practise acting with those qualities. So practice co-operation. Co-create something with others, however small. Make enlightened decisions. Every time you do this it brings the possibility nearer for everyone.

CHAPTER 34

Living in the Fifth Dimension



After 2012 those who are ready will be able to carry more light. This will be needed to help the masses, for Mother Earth will continue to purify the planet. Many will be frightened by the changes and light-workers are being prepared who will act as beacons and teachers. For those who are ready there is a great deal to be done and many opportunities for accelerated spiritual growth available.

At the fifth dimension your chakras will be glowing with light.

How to Live in the Fifth Dimension

~ Treat others, as you would like them to treat you ~

The first practise of living in the fifth dimension is to do as you would be done by. Constantly think how others feel and would like to be treated. So if you see someone holding back because they are shy, gently draw them into the circle. If you see a creature lost or in pain, help it. It is inappropriate to be a rescuer, one who helps needy people because it covers up their own neediness by making them feel good. That is an aspect of the third dimension. At the fifth dimension you are responding to the needs of others without a personal hidden agenda. As a result the universe rewards you tenfold.

~ Do things that are for your highest good ~

If something is not for your highest good it is not for the highest good of others either. The converse is also true. If it is not for someone else's benefit it is not going to serve your soul either. So always act with this in mind.

~ Keep your heart open ~

Act with loving kindness at all times. If someone acts unkindly towards you

or hurts you, bless them with love.

~ Prioritize your life so that you have more leisure ~

You cannot be busy, busy, busy and maintain your vibration in the fifth dimension, so take time out to relax, meditate and enjoy life.

~ Treat things lightly so that you enjoy fun and laughter ~

Watch your attitude! Take things lightly. Choose laughter as a response. You will feel happier and so will people around you.

~ Surround yourself with high frequency people ~

Take a decision about those who raise your frequency and those who bring it down. If this means walking alone or having fewer friends for a time until you attract in the new, that is a choice you have to make.

~ Keep your home in the vibration of the fifth dimension ~

Make your home as harmonious as possible. This does not mean that you become a doormat to keep people happy. It implies strength, mastery and the ability to raise the frequency of those in your household. At the same time your home needs to be clean, happy and a safe refuge. Flowers, beautiful music and colours help.

~ Emanate a vibration, which attracts work that satisfies you ~

In this higher dimension you take mastery of your life and your energy fields. So you align your frequency to that of work, which suits your temperament and deeply satisfies your soul. You may find the information and exercises in the chapter on Abundance and Manifestation helpful.

~ Live with abundance consciousness ~

Watch your thoughts and words. Make sure all your thoughts and statements align with the highest possibilities. Do not drag your vision down with doubts, fears and poverty consciousness. Be generous.

~ Live as a Master ~

Always act with integrity, honour and responsibility.

~ Connect constantly with your Earth Star Chakra through your connection with the Earth ~

Your Earth Star Chakra, 12 inches or 30 cms below your feet, is your spiritual foundation. Unless it is awake, open and active you cannot ascend. You are like a tall building, the more secure your foundations are, the higher you can grow. The seeds of your potential are nurtured here by Archangel Sandalphon, so if you want to fulfil your highest destiny, make sure you connect with this chakra. Any activity where you are in contact with the earth is good. Walking, climbing, playing in a meadow as you picnic, standing barefoot in the grass, growing flowers and vegetables all help you to be connected to your Earth Star Chakra. It is better to walk on ground rather than tarmac if you possibly can.

~ Have a symbiotic relationship with plants, trees and all of nature ~

When you hug a tree, you can open up to the knowledge and wisdom it holds and at the same time its roots help your roots to move down deeply into your Earth Star Chakra. Being in nature keeps you in balance and harmony and really helps you to maintain a fifth-dimensional frequency.

~ Walk with the elementals, angels and spirit world ~

When you are a fifth-dimensional being you are automatically aware of the spiritual dimensions around you. Take that extra step and walk hand-in-hand with angels in your daily life. Be aware of the work the elementals are doing all around you and also be open to those spirit visitors who have passed through the veil but still connect to Earth.

~ Listen to the divine promptings ~

Watch for signs and always listen to the promptings of the divine. This is part of fifth-dimensional attunement.

~ Eat appropriate food ~

Eat lightly the foods that have a high vibration matching your own. Fifth-dimensional foods are organically grown. Eat as many green vegetables as possible, fruits, nuts and as nutritionally balanced a diet as possible. Bless your food before you consume it. Remember that you may need some heavier food to keep you grounded and honour this. You cannot be in the

fifth dimension if you are floating about like a space cadet. There must be balance.

~ Have a spiritual attitude to all things ~

Look for the highest perspective in all situations and people. Bless that which is of lower frequency to bring it up to a higher level.

~ Radiate wisdom from your solar plexus ~

Your solar plexus is a huge psychic pump, which at the third dimension seeks danger so that you can avoid it. At a higher level, its antennae reach to the energy fields of Archangel Uriel, the archangel in charge of the development of the solar plexus, and trust him to keep you safe. You can then bring forward your own wisdom and soothe the fears of others. It is really helpful to visualize this while out in nature.

~ Work with your twelve chakras ~

Frequently attune and energize your twelve chakras. You can do this at any time, when sitting quietly, walking in nature, waiting for something, doing housework or as a passenger in a car or any form of transport. This is not a meditation and is done with your eyes open. All you have to do is mentally focus on each chakra for a moment and ask the appropriate angels to align them to bring Source energy through you.

Mentally ask for each one in turn.

- **Archangel Sandalphon**, please open and align my Earth Star Chakra.
- **Archangel Gabriel**, please open and align my base chakra.
- **Archangel Gabriel**, please open and align my sacral chakra.
- **Archangel Gabriel**, please open and align my navel chakra.
- **Archangel Uriel**, please open and align my solar plexus chakra.
- **Archangel Chamuel**, please open and align my heart chakra.
- **Archangel Michael**, please open and align my throat chakra.
- **Archangel Raphael**, please open and align my third eye chakra.
- **Archangel Jophiel**, please open and align my crown chakra.
- **Archangel Christiel**, please open and align my causal chakra.
- **Archangels Zadkiel and Mariel**, please open and align my soul star

chakra.

– **Archangel Metatron**, please open and align my Stellar Gateway chakra.

A very powerful alternative is to look at Orbs of the Archangels of each chakra. This will set you ablaze with light. They can be found in the book *Ascension Through Orbs* that I co-wrote with Kathy Crosswell.

~ *Connect with Archangel Metatron* ~

Daily invoke Archangel Metatron in his gold and orange light and ask him to help you on your ascension path.

~ *Remember you are Part of Oneness* ~

Look at the great open sky, the stars, the moon, the sun and the entire cosmos and remember that it is one great organism with you being part of it and connected to every living thing in it.

~ *Invoke Fifth-Dimensional Bubbles* ~

Archangel Sandalphon who is in charge of the Earth Star Chakra will place a fifth-dimensional bubble round you if you ask him to.

You can also ask him to place them around other people with their consent or if you have tuned into their higher self to receive permission. For a few days I asked Archangel Sandalphon to place a fifth-dimensional bubble round a friend because I thought it would help him. I noticed that he became more and more confused and depressed and wondered if it was the bubble. I checked with Kumeke, who told me to stop, as he was not ready for it and it was affecting him! I felt awful!

I was telling another friend about the bubbles and he lit up like a beacon. He asked me to place one round him when I do my daily attunements. A couple of days later he phoned to say he had felt it each time I had sent it. His mind was totally clear now and he literally felt it lifting him into a higher space and keeping him there.

If you feel you are ready and wish to call one in do this visualization.

EXERCISE: *Visualization to Raise Your Frequency*

1. Find a place where you can be quiet and undisturbed.
2. Breathe comfortably until you feel relaxed.

3. Invoke Archangel Sandalphon and sense his presence beside you.
4. Mentally ask him to place you in a fifth-dimensional bubble.
5. Sense, see or feel this over you.
6. Relax into it and accept that it is raising your frequency.
7. If you wish to ask Archangel Sandalphon to place bubbles of the fifth dimension round other people, do so now. Make sure you have their consent or very clear guidance to do so.
8. Thank Archangel Sandalphon.
9. Open your eyes and consciously think and act in a higher way.

EXERCISE: *Maintaining Your Solar Plexus Chakra in the Fifth Dimension*

1. Find a place where you can be quiet and undisturbed.
2. Breathe comfortably until you feel relaxed.
3. Imagine a deep gold sun shining into your solar plexus.
4. On your inbreath take in the warmth and wisdom of this golden light.
5. On each outbreath release any greenish yellow fear from your solar plexus.
6. Visualize a fifth-dimensional cord moving from your solar plexus and connecting into Archangel Uriel's energy field. Know that he will protect you.
7. Thank Archangel Uriel and open your eyes.

CHAPTER 35

The New Golden Cities



Soon after 2032 new, fifth-dimensional golden cities will arise all over the planet. Most, but not all of them, will be constructed in mountains where the land has been purified and the air is clear. I'm told they are almost impossible to envisage according to our current consciousness. They are called golden cities because their energy will be golden.

Because the population will be much lower there will be no land pressure, so the cities will be spacious, green and gracious and much smaller than our current concept of a city.

Houses will be single or double storey only as it will be realized that we lose our connection with the Earth in high-rise apartment blocks. Each city will be based round a natural spring for throughout the world pure running water will be used to raise the energy of places. Nowhere will the water be chemically polluted but it will be kept pure and clear with crystals and magnets.

There will be no planning departments or government regulations or ego, so the roads and buildings will evolve for the highest good of the residents who are attuned to the vision of harmony. According to our current consciousness this would result in chaos and anarchy. However, in a fifth-dimensional world, the highest choices flow naturally from the hearts and visions of those involved.

Trees and natural geological formations will be highly respected and buildings will be created round them. The homes will be communally built by willing, generous-hearted people all happy to help their friends, family or strangers alike. They will understand that we are all one.

For the past few thousand years towns and buildings have been constructed according to the masculine energy, square, rigid, linear, straight, individually regimented and angular. The residents of the future will look with horror at our way of living. What we call personal space they will consider lonely and isolated.

By the time the new golden cities flower the influence of the divine feminine will be felt everywhere. It is flowing, fun, creative, communal,

rounded and beautiful. Furthermore spiritual technology will have developed, allowing the production of curves and flowing structures.

So houses will be built of strong biodegradable plant material, which can be extruded into wonderful curved shapes and colours, with windows that are round or oblong. And the homes will nestle into the contours of the land. They will be built in clusters with communal, shared facilities, which will be considered friendly and less wasteful.

Fun elements will be built into the homes, like a slide or a zip wire down the hillside from the gardens to the school, which will then magnetically pull you up again when you are ready to return.

Individual ownership, which is based on a belief in lack, will cease to be. Within the city will be lakes and streams where communally owned boats or canoes will be moored in designated places for the use of everyone. Water sports will be popular, especially where it is warm, partly because the purifying qualities of that element will be recognized and partly because they are fun.

Sports facilities will be widely available everywhere for anyone to use freely. The children being born in the next twenty years will continue to be high-frequency, high-energy souls who need to express themselves physically. In the fifth-dimensional consciousness, there is no place for dishonesty or stealing, so sports equipment will be left in the halls or open spaces for all to share. People will be less inhibited or shy, so they will naturally congregate and draw everyone in to participate in team games or any social activities.

Vehicles will be produced from biodegradable material, run on ecological fuel, and shared communally. In the higher consciousness there is an understanding that your needs will always be met. Accordingly a vehicle will always be in the perfect place at the perfect time for whoever needs it. There will also be transports, some operated by volunteers and others remotely, which run from place to place according to need.

To travel greater distances small vehicles will hook up to an engine, which will take them all at unbelievable speeds on an air cushion, rather like a hovercraft, to a designated place. There they will unhook and continue to their final destination.

By this time a number of people will be able to levitate and transport themselves short distances. Eventually ecologically powered planes, shaped like rockets, will transport people across the world at speeds beyond our comprehension, but this will not be until 2050 or thereabouts.

Health and safety will be the subject of derision to be replaced with

common sense and individual responsibility. Because everyone will be doing things for the highest good, they will all be naturally sensible without being ridiculously overprotective.

Music will be very popular, especially as the power and importance of sound and harmony is truly comprehended. Everyone will have an opportunity to learn to play a musical instrument. As with sports equipment, vehicles and boats, musical instruments will be freely available and shared and treated with care. If someone needs to attune to a particular one, this will be understood and respected, so they will use that guitar or flute or whatever as long as they need it. People will gather in groups to play music together or to listen to it. All music will be harmonious because it will reflect the spirit of the player. Only those out of synch internally play or listen to discordant music.

As with music, creative expression of all kinds will be encouraged, whether you are a child or adult. People will have the opportunity to draw, paint, design, create, sing or develop themselves in the right way for their soul.

~ Work ~

The fifth-dimensional world is one without ego, power struggle, personal drive or ambition, just a desire to express yourself creatively, serve others, connect with the Earth and attune to the spiritual dimensions. This may seem boring to those who are caught up in the dramas of personality struggle and emotional need. In fact it will offer a wondrous sense of joy, contentment and peace.

It will be considered important to do what fulfils you and makes you happy, and the people will spend their time being creative and happily productive. There will be no money or banks, just energy exchange.

Without the inner drive to build a business or succeed at a job, people will co-operate happily to produce what is necessary for their needs. Anything extra will be pooled and freely exchanged.

~ Food ~

Most people will be vegetarian, though a number will eat fish. As people raise their frequency they have less need of heavy foods, so the demand will be for simple, healthy things to consume.

~ Waste ~

There will be no plastics, no supermarkets and no demand to wrap goods. Anything that needs to be protected will be wrapped in ecological reusable materials, not invented yet.

New cooling methods will obviate the need for refrigeration and ways of producing fresh produce throughout the year will mean freezing as a storage method becomes obsolete in all but a few places. So these items will not need to be disposed of.

It will be some time before the de-materialization techniques that were used in Atlantis on rubbish are once more in operation.

Where people have self-worth they value their surroundings. So in these golden cities litter or illegal dumping will be unheard of. All spaces will be clean and beautiful.

~ Flowers and Trees ~

Trees will be highly respected and people will communicate with the elementals that live in them. Many will be planted, both for the ecology of the planet and individual gracious specimens to admire.

Flowers will cascade everywhere for the new golden cities will be alive with glorious sculptures, artwork, fountains and flowers.

Because of changed climatic and geographical conditions some may be underground, on water or very different from that which we can imagine. But the high-frequency light of the inhabitants will mean that they can live happily, harmoniously and ecologically in new ways.

EXERCISE: *Make Your Home or Office Golden*

You can make the energy of your home or work place more golden by beautifying it, filling it with harmonious objects, music, flowers and most importantly golden thoughts. Start now doing what you can.

CHAPTER 36

Kumeka, Lord of Light



When Source created the divine sparks, he first sent out twelve sparks. If you imagine someone having twelve children, these Monads were of his energy like his sons and daughters. After that the divine sparks were created through the sons and daughters. They were his energy as if they were his grandchildren. One of the original divine sparks was the Monad of Jesus, who incarnated on our planet to try to change the world. This is why he is known as the Son of God. He is now on the Board of the Lords of Karma in charge of the eighth ray and is also the Bringer of Cosmic Love.

Kumeka is another one of the original twelve and he was assigned to another universe, where he ascended becoming a Lord of Light. He approached this universe during Atlantis and worked with the Intergalactic Council as an adviser on the setting up of Atlantis when he helped to oversee the Golden Age.

Like many great beings, he withdrew from this universe when the energy frequency dropped at the end of Atlantis and the islands were submerged. Now at the end of the 260,000-year Atlantean period, he has returned to help with the very end of the old and the beginning of the new. Earth has earned the right to his guidance once more. He is the Master of the eighth ray, working closely with Jesus who is the Lord of Karma for this ray.

Kumeka has never incarnated and does not really know what it is like to have a human body. Anyone who has inhabited a physical body on Earth is conducted on their travels by angels. This includes all the Ascended Masters, such as Quan Yin or Lord Kuthumi. As they go about their business there is always an angel with them so if you photograph them as an Orb, you will see the circle of angel energy round them. However, as Kumeka has never had an Earth experience he travels independently. His blue Orb is unique in that it has a mound in the middle. This is because he is constantly pushing out his energy to touch people, while the angels embrace humans into their Orbs.

I feel very privileged that Kumeka is my main guide. He comes from the

same universe as I do, but not from the same planet. I have written elsewhere about my first meeting with him, one New Year's Eve, which I spent with my later co-author of *Discover Atlantis*, Shaaron Hutton. As we were meditating together a mighty energy entered the room and introduced himself as Kumeka, saying he wanted to work through us. That evening was one of the most exciting of my life. His etheric retreat and entry portal is in Caracas, Venezuela. He told me he had first seen my light while I was living near there and had been waiting for me to be ready.

His colour is blue and he has twice impressed on me to buy topaz rings. The first was quite small and he later told me that he and my guardian angel had pushed me into the shop. When I declined to buy it, the topaz light flashed in my third eye all night, until I got the message and went back and bought it. When I earned promotion to a bigger, more connecting topaz, I got the message immediately! I do not really need to wear the ring now to connect with him, but he still sometimes sends me to fetch it when he wants to give me detailed information.

When he first connected to Shaaron and myself, we were his only channels. He asked me to tell people about him in my books and also to ask Andrew Brel to write music for him. Now Kumeka can divide into an infinite number of parts and channels his energy and information through hundreds of thousands of people. In fact, he can divide himself up as many times as is needed.

~ Spearheading the Move to Enlightenment ~

Kumeka is helping to enlighten Earth as well as the four ascension planets in this universe. He is performing the same service to other planets in other universes.

In his work for Earth he is specifically working with the following great beings.

ARCHANGEL METATRON is in charge of the development of the Stellar Gateway and is overseeing the current movement to ascension.

THE UNICORNS, the purest of the pure, are helping to dissolve the veils of illusion over the third eye.

WYWYVSIL is a very fast-frequency angel known as a Power. He is a Lord of Karma and the Angel of Birth. He has set up a number of schools in the inner planes to teach healing, enlightenment and transformation to those

who have sufficient light. If you are ready you can ask that your spirit attend these schools during your sleep. In Atlantis, he created with others a pool of energy for healing, transformation and enlightenment, and he is sending light from this directly to Earth, which you can access. He is working with the seraphim to help creation.

AZARIEL is a great archangel who is working with the unicorns to bring forward enlightenment and ascension. She specially clears the energies round the third eye and crown.

SERAPHINA is the seraphim who is helping Metatron to develop your Stellar Gateway. She then helps to fine tune the energy to it from Source, so that you can ascend.

To a lesser extent Kumeka also works with Archangels Gabriel, Michael, Uriel and Raphael.

You can find much more information about these mighty beings in the book *Ascension Through Orbs*.

Kumeka is master of the eighth ray of deep cleansing. He takes the purification and transmutation offered by Archangels Gabriel and Zad-kiel to a much deeper level.

Like all the great masters and archangels he is totally merged with the Silver Ray.

~ Healing ~

When you vibrate in the fifth-dimensional frequency, you can ask him to awaken all the cells in your body, which will totally heal you. You have released the 4th veil of illusion by this time. As time moves on more people can access this help.

Kathy Crosswell and I were both talking to him when he told us this so we asked him to do it for us. We both felt fizzing inside and as if light was sparkling out of us.

I expected instant healing for a problem with my hands but he told me I had to take responsibility for the food I ate and take suitable exercise. I also had to talk to him and the elementals more and completely balance my life.

Kumeka indicated that we are also responsible for the fat on our bodies. He said we need to eat green food to clear the waste between our cells, then the elementals, especially the earth elementals, would work inside our

bodies to help us through the medium of the green food. Next morning I had lettuce for breakfast but that resolution did not last long!

MEDITATION: *Linking with Kumeka*

If you think about Kumeka he will come to you.

1. Find a place where you can be quiet and relaxed.
2. Close your eyes and visualize a blue light, the colour of blue topaz.
3. Ask Kumeka, Lord of Light and Master of the eighth ray, to come to you.
4. You may sense a presence on your left hand side. If you cannot see or sense him, trust that he is there.
5. Ask him to help you with deep cleansing and enlightenment.
6. His response may come to you as a thought or a flash of inspiration. He will always ask you to do something to help yourself. If this does not happen, know that he will be subtly guiding you to do things that will help you.
7. Sit quietly for a few minutes in Kumeka's light.
8. Thank him for coming.
9. Open your eyes.

Archangel Metatron



We refer to him as Archangel Metatron but in reality he is a great Universal Angel whose energy reaches out into the cosmos and influences many planes of existence. Because of this, he and his twin flame Sandalphon, who is also a Universal Angel are known as the tall angels.

Metatron is known as ‘The Prince of the Countenance’ because he is the only angel allowed to look into the light of Source. He comes from Orion, the planet of wisdom.

Our universe is like an orchestra. Source is the composer. Metatron is the conductor and he is concentrating on Earth because we are the only planet in the universe that is off key. Metatron is now rapidly re-tuning us so that the whole can play in harmony again.

~ Why was Earth allowed to get so Out of Synch? ~

This was the outcome of the divine gift of free will. It was originally envisaged that humans would use it to co-create wondrous things, but in the event, we used it to go flat, delving deeper into the material and sexual and controlling our fellow beings.

This resulted in karma or bad debts, which have to be repaid. Once free will has been accepted humans have to take responsibility for the consequences. They must reincarnate and balance it. It is easier to do it on this planet because of the feedback mechanism of the body, which is built from soul choices and shaped by our daily thoughts, emotions, as well as by how we treat it with exercise, food and drink intake. Our body tells us what is going on and whether we as individuals are in harmony or not.

Because Earth is rising in frequency once more Source and Metatron together magnanimously offered to allow all those who have ever incarnated an opportunity to balance their karma before the changes take place. Not everyone is succeeding. This is just one of the reasons for gross overpopulation.

Metatron’s colour is orange, a mix of gold and red. The gold is the

vibration of deepest wisdom, merged with the Christ consciousness of love and the angelic frequency. The red is the raw masculine creative power of Source, which gives him the energy to take action. The orange radiates joy and happiness.

Years ago, before I knew I was so very connected to Metatron I chose the most beautiful soft golden orange colour scheme for my bedroom, bathroom and adjoining office. He now tells me that he inspired me to choose it to help attune to him while I slept or worked and to bring forward his wisdom. It is also the most wonderful restful colour.

Metatron vibrates on the number twelve, the number of discipleship. This insists that those who attune to him become spiritually disciplined.

He is in charge of the development of the Stellar Gateway chakra, the ultimate spiritual centre of the body, which receives Source energy. Here we merge with our original divine sparks or Monads, also known as the I AM Presence. Metatron co-operates here with Seraphina and the Universal Angel Butyalil to build the final ladder to Source.

~ Connection with Egypt ~

Metatron has an entry point on every star, planet or constellation in this universe. On Earth it is Luxor. This is because it is the home of the Sphinx and the great pyramid of Giza, with which he has powerful connections. Because of his vast knowledge and wisdom at the end of Atlantis and because he brought through Sacred Geometry from Source he oversaw the building of the pyramids of Egypt, and energized them with cosmic light. They are vast cosmic computers that link us to the cosmos.

He is known as the Heavenly Scribe for he is in charge of the heavenly archives, supervising the karmic records, which are held within the Sphinx at a higher dimension. He also oversees the recording angels and passes the daily orders of Source to all the Archangels in such a way that they can be transmitted to the entire realm of angels.

The Universal Angel Metatron works with Thoth, the great priest avatar of Atlantis. He is known as the Egyptian Scribe, for he keeps the akashic records of the Egyptian races and all the Arab countries.

Metatron also oversees Enoch, the wise sage, and Serapis Bey. The latter, who originated from Venus, is the Master of the fourth ray of Harmony and Balance. He was a priest avatar in Atlantis and Keeper of the White Flame. Serapis Bey is known as The Egyptian because at the fall of Atlantis he worked with Archangel Metatron and his angels to influence the building of

the pyramids, where his teachings are hidden at a fourth-dimensional level.

~ *Metatron's Cube* ~

This is a sacred geometrical plan showing the cosmic connections within this universe. Based on every single thing being linked and interlinked, it demonstrates a triangular formation. The basic unit is a triangle, which is very strong and stable. When twelve places, planets or people are linked, they create four triangles. Twelve is Metatron's number. When twelve segments of twelve join together there are 144 connections. This becomes a whole and a new construct is formed.

My guide Kumeka told me that Metatron would give me the information for this chapter. I woke in the night and wrote down some notes that came to me. As I was doing this I glanced at the clock and saw it was 0.4.40. As 44 is the number of Golden Atlantis it keyed me to ask mentally what was his connection with that era.

Metatron told me that he conceived the idea for the fifth experiment of Atlantis, which produced the Golden Age. The previous four had failed dismally as humans fell into disharmony and desired power. This time he decided that those who populated the remaining Atlantean islands would start with nothing, which would force them to co-operate and co-create a community together. Metatron oversaw this controlled experiment with Kumeka. They advised the Intergalactic Council who looked after the details. I write fully in *Discover Atlantis* how the extraordinary experiment of Golden Atlantis was set up and evolved into the only time of Heaven on Earth there has ever been on this planet.

When I finished writing I dropped my note pad onto the floor by my bed and saw an Orb photo of Metatron lying there! By it was one of the Universal Angel, Purlimiek, who is in charge of the nature kingdom. They certainly were not there when I went to bed! I believe that the two Orb cards appeared to remind me that the final experiment was so successful primarily because the citizens worked so closely with nature.

~ *Metatron's Orange and Gold Cloak* ~

I mention in the introduction that I was given Metatron's orange and gold cloak while I was writing this book. He told me that once you have received it, you do not have to put it on for it is always there. Nor can it be taken away. You become the High Priest or Priestess and to attain this honour you must have been one in a past life. The High Priests and Priestesses from the

entire past of the planet are returning now.

Metatron is a mighty being. He has so much energy and power that it can be felt everywhere in the universe in a single instant. When you wear the cloak you too can be felt everywhere. I was told it must always be used with compassion. When you stand tall, connected to Heaven and Earth, with your heart open so that people feel they can approach you, then the cloak automatically does its work.

EXERCISE: *Write to Archangel Metatron*

Make sure you have paper and pencil or pen. The more focus and passion you put into this, the clearer the response.

1. Light a candle if you can and dedicate it to connecting with Archangel Metatron.
2. Sit quietly and think about Archangel Metatron for a few minutes.
3. Breathe a beautiful gold colour around you, then red, then bright orange. Let the colours swirl together until you are bathed in glorious orange.
4. Write, 'Dear Archangel Metatron,' on your piece of paper.
5. Thank him for what he has done. Ask him any questions. Ask him to connect with you more often. Tell him what you want to.
6. Then sign off with love and your name.

You may be happy just to write the letter and keep it in a safe place or burn it, knowing that you will receive a response in due course in some way from the archangel. Alternatively you may wish to take another piece of paper and prepare to receive a response. In this case, write Dear and your own name.

Then put the tip of the pen on the paper and let a response flow through you. Do not censor it. Just write whatever comes to you and you may be surprised at the guidance or information you receive. If it is full of light and is helpful and loving, trust it is from Archangel Metatron. If it is not, then you are not tuned into an angel, so close down and destroy the letter.

After I wrote this I asked Metatron if he was happy for everyone to write to him. His reply was one word, 'Yes!'

CHAPTER 38

Religion and Spirituality



Religion has been a divisive force for thousands of years. Over the aeons Source has sent archangels and great masters who have taught of love, forgiveness and Oneness to enlighten the world. Their teachings have subsequently been distorted by the egos of their followers, who desired to control by spreading fear and limitation. Yet religions have done much good. They have offered comfort and hope to the masses at a time when their consciousness was closed to true spirituality.

*By 2032 as a world we will have moved beyond the confines of dogma.
Spirituality will be a cohesive and joyous light between all nations.*

Spirituality talks only of love and togetherness. It heals, empowers and inspires. It seeks the divine spark within the hearts of all and fans it into a flame. That will be the guiding force of the new Golden Age.

Archangels Mariel and Lavender, who are in charge of the Soul Star chakra, are helping to influence everyone on the planet at a soul level to aspire to spirituality rather than religion.

~ Acceptance ~

At a deep inner level everyone wants to be kind, loving, happy, generous, honest, sunny, confident, friendly and trusting. If you judge or criticize another with so much as a thought, they will pick it up and react. Up will come the drawbridge to their heart and out will come the shield to defend or the arrows to attack. Fear of your judgement causes them to put on their armour.

In the third-dimensional paradigm we are quick to condemn and criticize and the consequences are seen in personal and international relationships. But as we see with fifth-dimensional eyes of love, we are aware of the hearts of others. There is nothing to hide for we can see their auras, where every emotion is revealed. We understand their hurt and their path of struggle, so we seek to support them with love and acceptance. When you

approach someone's inner castle with respect, acceptance and love, they will feel safe and let you in.

The new spirituality will be that of the healed and open heart. Everyone will be friends. Then we will all connect with the cosmic heart. The result will be inner peace, international peace and intergalactic peace.

~ Will Religion be a Thing of the Past? ~

No, the beautiful loving essence of each religion will remain but the dogma surrounding it will dissolve. The glue that holds the cosmos together is love and this is the basis of spirituality. We can look forward to a world where there is spirituality within communities and between communities. It sometimes seems that we humans are the only ones who do not fully understand this already.

~ Elemental Love ~

Just as I was finishing this book I went for a walk round my local woods. I paused to admire a birch tree and to see if there were any elementals there.

One came jumping down from the tree. He was about four foot tall, green and thin and walked jauntily beside me. I must say at this point I assumed he was a pixie.

I telepathically asked him what he did for humans and he threw his arms wide, expanded his heart which glowed with light in an incredible way, and replied, 'Everything.'

When I wondered how his kind related to the other elementals in the wood, he looked at me sideways and answered, 'We are one – and we are different.'

So how do you see humans?' I persisted. Again he looked at me as if surprised by the question and said, 'We are one – and we are different.'

He walked with me out of the woods and along the road until he wanted to turn back. I called after him (telepathically). 'What's your name?' 'Gobolino,' he shouted back and laughed. 'I'm a goblin.'

I could not get the strange conversation or the love coming from this elemental out of my mind. I also wondered about goblins as they have a bad reputation. Later I asked Kumeka who told me that goblins are fifth-dimensional earth elementals that have developed huge heart centres and a great capacity to love.

For me that goblin summed up beautifully the spirituality of the future.

EXERCISE: *Open Your Heart Centre*

Wherever you are, whether it is out walking, in the car, gardening or doing housework, open your heart centre. Imagine it glowing with light. Then send threads of light to everyone and everything until all is linked with love.

EXERCISE: *Visualization to Practice Unconditional Love*

1. Find a place where you can be quiet.
2. Light a candle if possible.
3. Close your eyes and breathe comfortably until you feel really relaxed.
4. Picture a tall beautiful mountain in front of you, the top covered in snow.
5. Your guardian angel is with you holding your hand.
6. He leads you lightly and easily to the very top of the mountain. Here you are surrounded by angels singing of love and joy. There is only peace and acceptance.
7. From here you can see down the mountain all the peoples of the world. Notice how they are held back by dogma, ego and fear. How far do they reach up the slopes?
8. Send unconditional love down to all of them, welcoming them to come higher into Oneness.
9. Watch what happens as they are bathed in the pure light of Oneness.
10. Ask the angels to help them understand and give thanks for this.
11. Then open your eyes and return to the room.

CHAPTER 39

Enlightenment



Enlightenment is a state of being in which the consciousness expands to include all that is, so you become all-seeing and all-knowing. The energies that came into the planet at the cosmic moments of 11th November 2011 and 21st December 2012 offer huge opportunities for full or partial enlightenment.

There are also other opportunities during the following twenty years when the cosmic energies will assist everyone in their enlightenment journey. You are invited to take advantage of these special times.

When priestesses of Atlantis performed the dance of the seven veils they were symbolically describing the drawing back of these veils from the third eye. The dance was performed in honour of the divine feminine. When Atlantis collapsed the knowledge was taken to Egypt and Greece where lack of spiritual understanding gradually debased it into an expression of sexual allurement.

When someone is fully enlightened they transcend the lower limitations so, for example they can heal themselves if they desire to do so at a soul level. They can control their body functions and master their environment and circumstances. Most important they live in the moment, without anger about the past or fear about their future. There is no blame, just a knowing that all is well in the divine plan.

In contrast, ascension is a state of doing, of actively drawing down more of the light of the soul and Monad into the physical body. This raises the consciousness, expands spiritual awareness and can enable physical changes to take place. Enlightenment and ascension can take place at the same time though very often enlightenment comes first.

If you suddenly receive a flash of illumination about something, you move forward in your understanding. At that moment you have a spurt of spiritual growth and expand your level of enlightenment.

~ The Third Eye ~

The third eye is known as the all-seeing, all-knowing eye. In fact not everyone is clairvoyant even when they are fully enlightened, even though they 'know'. The journey to enlightenment is the removal of the seven veils of illusion.

The first veil to be dissolved is the seventh veil, the furthest from the third eye. However, you can thin the others before they finally release, so that they fade easily, without trauma or a difficult initiation. They can more easily be removed during moments of cosmic light or in special meditations. Alternatively you may wake up one morning feeling that things are different. You are seeing the world with new eyes. In that case a veil may have been released during your spiritual journey of the night.

Although enlightenment is a function of the third eye, you may have a blockage in another chakra which affects your third eye, for everything is connected.

The Seven Veils of Illusion

~ The Seventh Veil ~

This is the veil furthest from the third eye and the first to dissolve. When you awaken to your soul and recognize that you are responsible for your own individual journey, the seventh veil, which is red, dissolves. This happens when you finally let go of all victim consciousness and stop blaming or projecting onto others. This is the stage at which you take mastery of your life and, instead of saying, 'Poor me. I am so unlucky,' you ask yourself why you drew the circumstance or event into your life and you start to work on yourself to change your inner. As soon as you transform yourself, your outer conditions must reflect this and your life becomes more satisfactory.

~ The Sixth Veil ~

Many people in the world do not realize that there are other dimensions interwoven with ours. They only accept what they can see, hear and feel. The sixth veil, which is yellow, dissolves when you accept that there is a world beyond the physical. You realize that there are amongst us spirits of those who have passed, as well as angels, fairies and other beings. In order to remove this veil you must also believe in the spirit world and trust it. You must know deep within you that the other realms are able and willing to help you.

~ The Fifth Veil ~

This veil, which is pink, only dissolves when you hold unconditional love in your heart centre for everyone. There are often initiations involved with the removal of this veil for deep forgiveness of all those who have ever hurt you is necessary. Furthermore you must see the entire world and all the perpetrators of iniquity with eyes of love. You must be prepared to offer prayers for those who have been harmed as well as those who have inflicted harm on them, for you recognize that all is in agreement at a higher level. It involves seeing with divine eyes.

~ The Fourth Veil ~

This blue veil is released when you honour, respect and work with animals, nature and the elemental kingdom. This does not mean that you physically have to look after domestic or other animals but it does involve truly understanding that each animal is here on Earth to experience and learn just as we are.

Every animal has a soul, while some are part of a group soul and they are all on their own journey of enlightenment and ascension. Some, such as dogs, have incarnated to be companions and friends to humans. Our part of the agreement is to look after, honour and care for them. Other animals, such as domestic cats and the big cats, have incarnated to protect humans and the planet psychically from entities and negative energies that can harm us. Those creatures that we eat or hunt came in to experience life in the third dimension, not to be eaten or hunted by humans.

We are asked to talk to the spirits of the animals in meditation and honour them. You can also tell your spirit to go at night and talk to people about animals, for example your spirit can talk to the spirits of farmers who intensively farm chickens or any other animals about their higher purpose. This will eventually filter into their consciousness.

For the release of this veil, we must also recognize that nature is incredibly powerful, loving and responsive. We say that those to whom plants respond have green thumbs. In fact they empathize with nature, which rewards them with abundance.

Flowers radiate high frequency light. When someone has died we send flowers to the funeral as the angels can take their essence to help the spirit of the person who has died. The angels can also use their essence to help those who are mourning. The light carried by the flowers can heal those who are sick or unhappy if properly directed.

It is most important that we work with nature. The Universal Angel in charge of nature is Purlimiek, who radiates a wonderful soft green-blue colour.

There are many elementals and nature spirits, who have a role in the workings of nature, for example fairies look after flowers, elves help trees and pixies work with the soil. Many but not all of these spirits are made up of only one element, earth, air, fire or water. For the dissolving of the fourth veil of illusion we need to understand the benefits of working with the elementals, we can for example ask the elementals to help plants grow.

When slugs and snails were eating my newly planted peas I wanted to put slug pellets down. Kumeka was not impressed. He asked me to talk to the creatures but I said I had already done that and they did not listen. So he suggested I asked the elementals to work with the slug kingdom by talking to them about eating other things, for example to offer an area of plants to the slugs and snails. He said that some plants offer themselves as a sacrifice and through this they grow. He told me to plant the seedling, bless it and care for it and ask the elementals to look after it for the highest good. I did this and my vegetable garden flourished.

We can also ask the elementals to talk to those who are mistreating animals about their higher purpose.

~ The Third Veil ~

This veil, which is deep blue, automatically dissolves when you link with the angelic kingdom and similar beings from other planets, such as Kumeka, my guide or Fekorm, the Master of Music. Walk amongst them and live your life with them, so that they are an integral part of your life.

~ The Second Veil ~

This violet-coloured veil dissolves when you achieve universal consciousness. This happens when you are able to see into the cosmos and understand that all is connected, trees, stars, animals, rocks – everything. You must be able to see this with your mind's eye.

Once you fully understand the universal Metatron cube, which describes the interconnection of all, you are asked to hold it up so that it aligns with the planets concerned and let it work in our consciousness.

This is the last veil to be removed while you are in a physical body and when it has dissolved you are fully enlightened.

~ The First Veil ~

This is the closest veil to the third eye and is crystal clear. It is the last one to be removed, and this takes place after you have passed over, if you are ready. When this one is cleared you are in heaven or in the seventh dimension. When you live your life as an enlightened being this veil will dissolve when you die. Even then you may be tested. Kumeka gave as an example that you might be asked to undertake another incarnation! If you resist, your first veil does not dissolve.

While still in a body you can experience moments of being in this heavenly dimension, when this veil becomes thin.

I woke up on the morning of the funeral of my favourite aunt, Gwendy, expecting to feel miserable. But I was glowing. I literally felt as if gold light was pouring out of me. It obviously showed for a cousin described me as luminous. Another person gasped when we talked and said, 'My God. You're glowing!'

My aunt's spirit simply was not at her funeral. No one had any sense of her. Kumeka said that she had left Earth the moment she vacated her body and that Archangel Azriel, the angel of death, overlit me on the day of her funeral to show other people through me that there was life beyond death. It was a seventh-dimensional experience.

~ How to Attain Enlightenment ~

The most important thing is to live your life with pure intent, fully engaging in every moment. You cannot be enlightened if you are ungrounded and not actually here. Watch your thoughts and words and see the divine in everyone.

All spiritual disciplines will assist your journey if performed with intention and focus. These may be prayer, meditation, invocations, affirmations, decrees, chanting mantras, yoga, silent contemplation or others of your choice. Certain energies like the Gold and Silver Violet Flame, the Gold Ray of Christ or the Mahatma, if used regularly can accelerate your journey. Visualizations are one of the big keys to transformation. Visualize your heart opening, your path being golden or whatever you need for your aspiration.

~ How Unicorns Help your Enlightenment ~

The unicorns are such enlightened beings that, if your heart is open, looking at a unicorn Orb will automatically remove the next veil to your third eye. The unicorns then agree to stay with you and help you remove all the

remaining veils until the second one is dissolved, the last one to be dissolved while you are still in your physical body.

Archangel Azariel is helping the unicorns with this undertaking. Please do the following visualization with reverence and meaning.

EXERCISE: *Unicorn Visualization to Dissolve the Veils*

1. Open your arms to the world.
2. Remind yourself that you are an amazing divine being.
3. Make the sound 'maaah' three times with the intention of opening your heart.
4. Look at a unicorn Orb. (*see [page 232](#)*).
5. Imagine a magnificent white unicorn standing in front of you. Let the light from its horn touch your third eye. Visualize the next veil being pulled back like a curtain.
6. Thank the unicorn for coming to you and for working with you to dissolve the veils until you reach full enlightenment.

~ For Enlightenment with the Opposite Sex ~

If you are a woman and want to be enlightened with men, appreciate the energies they bring. Accept their essence and see their souls. Similarly if you are a man, do this with women.

EXERCISE: *Visualization to See the Essence of the Opposite Sex*

1. Find a place where you can be comfortable and undisturbed.
2. Light a candle to your intention to find enlightenment with the opposite sex.
3. With enlightened eyes see someone in front of you.
4. Appreciate their energies, their qualities.
5. Connect with their inner child. To do this, imagine them as a vulnerable three-year-old. Sense their innocence and their fears. Open your heart to their child and give them the love and acceptance they need.
6. Look for the light of their essence and honour it.
7. Glimpse the colours of their soul, their mighty higher self that is all

- loving.
8. Thank them for enlightening you.
 9. When you open your eyes, notice how you feel.

~ *For the Second Veil* ~

Visualize light connecting everything, stars and planet, trees and plants, rocks and pebbles, people, animals, fish and insects.

EXERCISE: *Visualization to See the Connection in Everything*

Sit or lie on the grass on a clear starry night and visualize the links throughout the cosmos, then see that light connecting every single thing and person on Earth.

It is expected that over 70% of the people on the planet will be enlightened by 2032.

Abundance and Manifestation



Abundance is about flowing with love and happiness, success and prosperity, knowing it will always flow in your life and that as a beloved child of the universe, you deserve it.

Because of their need to control, religions have historically promoted lack of self-worth, which impoverishes the spirit and results in poverty consciousness and belief in lack. Spiritual people know we live in an abundant universe, where there is enough for everyone. By 2032, the higher frequency of abundance consciousness will have consumed the lower fears.

~ The Keys to Abundance and Manifestation ~

1. The power of asking

Angels are always with you, helping you, creating synchronicities, opening doors and whispering the best way forward but you must ask. They cannot contravene your free will by bringing you things you do not ask for.

2. Manifestation at the third dimension

When you focus on something without doubt or deviation it must come about. You are activating the Spiritual Law of Manifestation but if it is not for the highest good, you are creating karma, as it is not for the benefit of the planet. In the third-dimensional world people have been focusing on their wants, not their needs. This means that you use your third eye mentally by focusing on desires rather than spiritually, for the highest good. This blocks it, holding back your enlightenment and ascension. This has not been a problem until recently because few people understood the power of manifesting in this way. Now however, as a result of third-dimensional books on manifestation being published, many are doing it to such an extent, that it is now holding back the progress of the planet. Ask for the highest good, and then ask Michael to cut any cords. If you do ask for something for the highest good, then the

angels are delighted to bring it to you or something better.

3. Manifestation at the fifth dimension

In the fifth dimension you are only interested in serving All That Is. So your requests are of this calibre. You are happy to let it go, if it is not for the greatest benefit of all. At the level of this clear stream of consciousness all manifestations are for the benefit of all. Then your focus reaps prosperity and abundance of all kinds in a divine right way. When you do this, there is no karma.

4. Detach from or rise above collective unconscious beliefs

Beliefs held in the collective unconscious are like a grey cloud filled with sticky cobwebs enmeshing everyone at the third dimension. Individuals, families, communities and countries get so entangled, that they cannot see the divine light or even a higher perspective. They all see the same lower reality. The collective is filled with anger, guilt, lack of trust and fears. The biggest is financial fear of lack and an inability to trust, that the universe will support you.

In order to be ready for the new Golden Age we need to cut away any cords into the collective and place them in the light of Archangel Raphael, the angel of abundance, or into the fifth-dimensional consciousness.

5. Embracing abundance, prosperity and love

Visualize what you do want and do not worry about what you do not want. Resistance blocks abundance.

I was talking to a woman who hated her boss and could not say a good word about him. She kept being passed over for promotion even though she was efficient at her work. I suggested to her that she was blocking her good. She did not understand the power of her thoughts, but I explained that they were energetically resisting her boss, who naturally withdrew from her. I asked her to visualize welcoming him into the office, but she only reluctantly tried to do this and a week later there was no progress. She loved unicorns and suddenly she came up with the idea of visualizing him coming into work riding on one. This she could do. Every day she faithfully pictured him arriving into the room. She saw herself smiling and presenting him with flowers. It worked like magic. Her energy changed towards him, and within two weeks he gave her a promotion.

So quit resistance and keep focusing on what you do want.

6. Clarity about your next step, purpose or intention

If you want to bring something into your life, it is important to be clear what it is. If you are not sure, sit down quietly and ask Archangel Gabriel to help you find what it is. You can ask that your spirit visit his Archangel retreat at Mount Shasta, California, during your sleep state if you wish to, stating that you desire clarity. You may need to do this for some time, but when you have it, you can move ahead with confidence.

7. Aligning to your soul energy

If you want to be a cook but you are working in an office, you are not abundant because you are not aligned to your highest truth. When you are abundant, you are doing work which brings you joy. The reason world economies are collapsing is because the planet is moving up a gear spiritually and the cogs have to be in synch. So the economies of the world, banks, financial institutions and big business must move at a faster frequency to allow this to happen. Currently they are not serving the highest good.

8. Affirm that you deserve abundance

The moment you believe you deserve it, your vibration will automatically attract the abundance to you. If you receive something but deep inside you do not believe you deserve it, it will flow out of your life again. So keep affirming that you deserve.

9. Enlightenment

Enlightenment is the true way to abundance. As the veils of illusion draw back from your third eye, you have clarity and the ability to focus. Your frequency is of the fifth dimension and you can manifest your own higher reality. The keys to enlightenment are in the previous chapter.

EXERCISE: *Visualization to Invoke Abundance*

1. Find somewhere you can be relaxed and quiet.
2. Invoke Archangel Gabriel. When you feel his white light around you, mentally ask for purification and clarity. Sit for a few moments while you accept light from him.
3. Ahead of you is a magnificent spiritual mountain. Notice what is holding you back. Guilt, fear, anger may be like grey balls attached to you or something else may be holding you back.
4. Cut those grey balls and transmute them in the Gold and Silver Violet Flame.

5. As you climb effortlessly up the mountain, you are entering the dark cloud of the collective unconscious. Be aware of the sticky cobweb enveloping you. There are many people trapped here with you.
6. Ask Archangel Michael to cut away the sticky strands. When he does so you can finally jump free.
7. Archangel Gabriel is taking you to a beautiful thundering white waterfall for purification. Let it cascade over you and wash you clean.
8. Now the clouds have rolled back and you can see the top of the mountain. The sun is pouring down.
9. A golden sun-drenched path lies ahead of you. Visualize yourself and many others all walking up the golden path holding hands.
10. At the brow of the hill many angels are waiting. You are in the fifth dimension and all is light. Visualize what you want for the highest good.
11. Thank the archangels for their help. Then slowly come back into this world and open your eyes, taking the energy of abundance with you.

EXERCISE: *To Manifest Abundance*

1. Decide what you would like to manifest for the highest good.
2. Talk to someone else or if you have no one to talk to, find a quiet place and do this alone, speaking aloud.
3. Imagine it is now six months ahead. Name the month to focus yourself.
4. Imagine everything you asked for has come about. It is already in physical reality.
5. Talk with enthusiasm as if it is six month's time and your wish has already manifested. This helps to match your vibration with the vibration of that which you want.

EXERCISE: *Manifest Abundance with a Balloon*

1. Draw a balloon in gold, blue or pink with a string hanging down.
2. Inside it write down what you want to manifest.
3. Write underneath it. 'This or something better now manifests for the highest good of all.'
4. Draw a big pair of blue scissors cutting the string. The blue

represents Archangel Michael, who is cutting your attachment to your manifestation.

5. Imagine your balloon flying up in the air and the angels taking it to the higher realms.

CHAPTER 41

The Importance of Numbers



At the time of Golden Atlantis Archangel Metatron accessed from Source the science of numbers. He taught humanity that each number has a powerful cosmic influence.

Numbers are cosmic energies. Each one carries a unique vibration, which affects you when you connect with it.

For example the number 9 is an energy ball, which holds a frequency allowing endings or completions to take place. So if you live in a house of that number, you are automatically attuned to the broadcasting station of 9. The general influence on your life while you live there will be about tying up loose ends, possibly healing relationships, or even cleaning past lives without being aware you are doing so. You may experience the contentment which precedes a new seek and search.

If your home is number 28 the two digits are added together. $2 + 8 = 10$. Then the 10 is reduced again $1 + 0 = 1$. Your home then is influenced by the cosmic number 1, the number of new beginnings or being individual and unique.

Dates of birth follow the same principle, which is why your date of birth was so carefully chosen by your soul and overlighting archangel before you incarnated. You will be tuned into one of the cosmic numbers and affected by its vibration throughout your life. For example someone born on 21.03.1950, the numbers will be added like this $2 + 1 + 0 + 3 + 1 + 9 + 5 + 0 = 21 = 2 + 1 = 3$. They will be in the influence of the cosmic vibration of 3. The letters of your name are connected to a number, so what you are called profoundly affects you. Your parents, usually your mother, received your name from your soul before you were born, and this is so important that the wrong name is hardly ever chosen.

~ Influence of Basic Numbers ~

1 This number influences you to make new beginnings, or it could help

you to become an Alpha, the first or very individual or unique.

- 2 This influences you to work in co-operation with others, or do things in pairs, or seek a soul mate.
- 3 This is a very spiritual number influencing you with the energy of the Trinity. It helps to keep you stable, so that you can ground yourself and reach up to spirit.
- 4 This number has a solid influence. It suggests you will build your dreams and hopes on a strong foundation, or seek justice and be practical.
- 5 This number vibrates at a level of wisdom and may enable you to be visionary. It assists to seek expansion during a lifetime.
- 6 This number brings an influence of sociability, and at the highest level inspires to seek spiritual community and unconditional love.
- 7 This number influences you to be a thinker, logical but at the same time opening up to the spiritual knowledge of the higher consciousness.
- 8 This is the number of infinity. It brings endless possibilities, and its highest influence is to create world transformation.
- 9 The influence of nine is calling you to your spiritual vision, enlightenment and divine wisdom. It helps you to complete your learning in a particular area.

Certain master numbers are whole in themselves, and the digits are not added up. These special numbers carry a powerful vibration, and you are invited by the universe to notice and act on these numbers, for they hold a strong message for you. Your guides and angels have ensured that they come to your attention.

~ Master Numbers ~

- 11 This is the number of mastery. You are asked to examine the situations and relationships in your life. Take responsibility for having created them. Then you can change them if you wish to do so.
- 22 This is the number of the master builder. In other words it suggests it is time to co-create the life you want. So work positively to manifest your vision.

- 33** This is the number of the Christ consciousness. So if you see this number, it is a message from the universe to work with the Christ light.
- 44** This is the vibration of Golden Atlantis. It invites you to bring forward the energy of Golden Atlantis into your life. Live as they did at that time in the fifth dimension, in harmony and co-operation with others, honouring and respecting all life forms.
- 55** This is the vibration of Metatron. It invites you to rise above worldly attitudes and work with Metatron for higher enlightenment. Remember that his colour is golden orange, so start to attune to him and listen to his messages.
- 66** Accept your role as a being of the universe. When you see this number you are reminded that you are not just a little personality on Earth. You are a great cosmic being and can influence the heavens.
- 77** This is the vibration of heaven. It invites you to live with your higher self in the Seventh Heaven, so it is calling you to spend as much time as possible connected to the Earth, the angels and masters as well as the cosmos. It is a call to higher enlightenment.
- 88** This is the vibration of your I AM Presence or Monad, which is your original divine spark from God. This number asks you to merge with the eternal love of your I AM Presence.
- 99** You have mastered the lessons of Earth.

When you see a number tripled it means the same as the double number, but at a higher vibration. For example 333 invites you to work with the Christ consciousness, but at a higher level.

While I was writing this, a friend's partner was in hospital giving birth to their son. Andrew Brel, the then expectant father, is a musician. Their baby was born on 28th May 2009. Intuitively, I added it up as $28 + 5 + 11 = 44$, the vibration of Golden Atlantis. When I told Andrew this he gasped. For the labour he had prepared a music playlist with dozens of classical albums. However, his girlfriend kept requesting that he play the same album repeatedly. It was Andrew's own CD of 'Golden Atlantis' music, so Byron was literally born into the vibration of Golden Atlantis.

Then I realized that the 28 would usually be reduced, so that it would be added as $2 + 8 + 5 + 2 + 9 = 26 = 2 + 6 = 8$, the number of infinity with the possibility of helping to create world transformation. So I decided to consult

my guide Kumeka who confirmed that Byron had been enormously light and powerful in Golden Atlantis, and had incarnated to bring that energy forward for the world.

Perhaps he will be influenced by the number 8 during his childhood. Then, as he grows into adulthood the sacred number 44 will gradually overlight, him so that he can step into his true power and authority.

When Metatron started to connect with me, I started for the first time to see just how many cars in my area had the number 55 on their registration plates. It was really quite strange, as I had simply never noticed before. Because of digital clocks and watches people's attention is being drawn to multiple numbers and some of these are extremely influential. In fact, they are being used by spirit as mini wake-up calls from the universe. Kumeka gave me this information about them:

- **03.03** – things are going to start moving forward for you now.
- **04.04** – it is time to make a project solid, then fly with it.
- **06.06** – gather the help and co-operation you need around you.
- **07.07** – look at the higher spiritual perspective of what you are doing.
- **08.08** – trust the process and follow your guidance into the future.
- **09.09** – a phase is now ending.
- **10.10** – something new is starting, so prepare for it.
- **11.11** – heralds new beginnings at a higher level. This number was set in the collective conscious aeons ago, and it is at 11.11 that the new higher vibration will pour in at the cosmic moments.
- **12.12** – is the number of discipleship. It suggests you discipline yourself in a spiritual lifestyle.
- **13.13** – accept who you are and be a wise leader.
- **14.14** – prepare for the return of the Christ light.

If you see a number doubled, double the influence and energy. If you see it tripled, then multiply its effect by three.

Each star or planet has a cosmic number and they all work to create a tapestry of harmony. For example Earth is 3.

1. Sirius and Sun
2. Pleiades
3. Earth
4. Mercury

5. Mars and Andromeda
6. Milky Way, Venus and Jupiter
7. Orion and Andromeda
8. Neptune
9. Saturn and the Moon

Note that Andromeda vibrates with 5 and 7.

By 2032, the true influencing potential of numbers will be recognized. It is time to start now to access more energy from the stars and planets themselves by honouring their numbers.

~ The Numbers with their corresponding Chakra, Location on the Planet, Galactic Connection and Archangel ~

No.	Chakra	Plantary Location	Galactic Connection	Archangel
1	Earth Star	London, UK	Sirius and the Sun	Sandalphon
2	Base	Gobi Desert, China/Mongolia	Pleiades	Gabriel
3	Sacral	Honolulu	Earth	Gabriel
3	Navel	Fiji	Earth	Gabriel
4	Solar Plexus	Whole of South Africa	Mercury	Uriel
5	Heart	Glastonbury	Andromeda and Mars	Chamuel
6	Cosmic Heart	Guatemala	Venus	Universal Angel Mary
6	Throat	Luxor, Egypt	Milky Way	Michael
7	Third Eye	Afghanistan	Andromeda and Orion	Raphael
8	Embraces all chakras		Neptune	Azariel
9	Crown	Machu Picchu, Peru	Saturn and the Moon	Jophiel
10	Causal	Tibet	The spiritual aspect of Sirius	Christiel
11	Soul Star	Agra, India	Alcyon	Mariel
12	Stellar Gateway	Arctic	Linked to an energy cluster in the Pleiades, which connects to a wormhole that accesses Source	Metatron

Where I mention two galactic connections the first has more power, while the second has a lesser influence.

CHAPTER 42

Switches for Bringing Back the Energy of Atlantis at a Higher Level



The energy of Atlantis is latent inside our chakras. We need to fine-tune the centres so that we can access it and the angels and unicorns will help us to do this.

1. The first switch is that of enlightenment. The unicorns will assist every single person whose heart is open to dissolve the veils of illusion so that they can reach enlightenment. There is detailed information about this in [Chapter 39](#) (see [page 189](#)).
2. Call the unicorns into your dreams for specific purposes. Ask them to work with your twelve chakras from the Earth Star upwards to bring them into a fifth-dimensional frequency AND ask the angels to sing the right tone for each of the chakras as they do this.

My friend and sound healer Diane Egby Edwards has extensively researched and experimented with sound, especially sound healing. She says that, while all sound is beautiful, the intervals are recognized to have a number of different psychological, emotional and physical effects. She has very generously allowed me to use this explanation from her *Magical Sound* CD:

‘Everything that has matter has its own sound, for example each tree or every cell of your body which emits vibrational frequencies beyond our range of hearing.

A vibration is a wave and frequency is the speed of the wave. All beings and all matter is made of molecules, each has its own vibrational frequency which either resonates or dissonates with every other molecule in that being. When all of our molecules resonate in harmony together there is well-being. When there are dissonant molecules there is physical or psychological illness. When molecules are subjected to certain frequencies they vibrate sympathetically. That is the basis of sound healing.

Combinations of certain frequencies create sounds that are more

powerfully healing than others. These combinations are called intervals. Each interval has a different special effect because of all the harmonics that are created, for example when sounding a C + G together, you do not just hear those fundamental notes. Those two are weaving a range of other notes into the sound you hear. The others are all sounds that resonate with the C + G and are called harmonics. It is these that do the healing so effectively. C + G, known as the perfect 5th, is the most perfect sound in the universe, which can take people into bliss.'

Diane has kindly given me the following notes, which she dowsed under the direction of Kumeka and Fekorm the Master of Music, for the angels of each of the chakras.

Third interval	=	happiness and joy
Fourth interval	=	strange, mystical
Fifth interval	=	aligns chakras, moves energy, expansion
Sixth interval	=	purity, love, sweetness

3. Ask the angels and unicorns to help you connect your heart to the hearts of animals.
4. Ask Archangel Sandalphon to place you in a fifth-dimensional bubble.
5. Ask the angels of love to place a bubble of love round you and round other people.
6. Each day ask the angels to help you to see, hear and speak in a fifth-dimensional way.
7. Many people are not really connected to Earth. They are simply here on it. You cannot be truly happy and help the planet to evolve unless you feel it. To help you do this here is an exercise you can practise.

*~ The Twelve Chakras with their corresponding Archangels, Sounds
and Colours ~*

Chakra	Archangel	Notes to attune to chakra	Fifth-dimensional colour
Earth Star	Sandalphon	F + B (4th interval)	Black and white (yin yang)
Base	Gabriel	E + B (5th interval)	Platinum
Sacral	Gabriel	E + B (5th interval)	Pale pink
Navel	Gabriel	E + B (5th interval)	Orange
Solar Plexus	Uriel	D + B (6th interval)	Gold
Heart	Chamuel	F + C (5th interval)	White
Throat	Michael	D + A (5th interval)	Royal blue
Third Eye	Raphael	E + A (4th interval)	Crystal Clear
Crown	Jophiel	C + A (6th interval)	Crystal clear
Causal	Christiel	A + C (3rd interval)	White
Soul Star	Zadkiel and Mariel	C (512H) F C (128H)	Magenta
Stellar Gateway	Metatron	G + C#	Deep gold

EXERCISE: *Connect with Archangel Sandalphon*

- Connect with Archangel Sandalphon. You may be outside with your feet on the earth or you may be indoors visualizing this.
- Imagine roots going down from your feet through your Earth Star into the loving centre of the Earth.
- Then bring the energy up to your heart, so that you feel loved and a sense of belonging.
- Then you know that Mother Earth truly passionately loves you and you are able to respond from your heart. (Kumeka insisted on the words ‘truly passionately’ to emphasize the importance and depth of the love Lady Gaia has for each of us.)

- 8.** Connect to the sun and bring in the divine masculine. Connect to moon and bring in the divine feminine... to do this consciously go outside and bathe in their light. Breathe the energy into your cells.
- 9.** Honour the energy of the water, e.g. waves, waterfalls, rushing rivers... and at the same time honour a drop of water. A single drop of water on your tongue embodies the essence of life.
- 10.** Open your twelve chakras, with your Earth Star connected to the Earth and your Stellar Gateway wide open to Source. Bring up Earth energy to your heart and bring down Source energy to your heart. Then radiate love and peace round the world from your heart.
- 11.** Sit quietly and visualize that you are holding the whole planet in your cupped hands. Give it love and receive love from it.

SECTION 5

Preparing for the Transition into the Golden Age



CHAPTER 43

The Twelve Ascension Chakras



Opening the twelve chakras is essential for the journey to ascension and enlightenment.

In Golden Atlantis we had twelve chakras, carrying much higher light and wisdom than we currently have.

When they are open the twelve strands of DNA start to be activated. These contain awesome latent psychic and spiritual gifts, which are waiting to return to us as soon as we awaken, open and activate the twelve chakras. This is why it is so important to understand and work with them again.

~ The Earth Star ~

The Earth Star is looked after by Archangel Sandalphon. It is about twelve inches or 30 cms below your feet and is black and white (yin-yang) in colour. Here all your potential for your lifetime is held rather like seeds in the ground. Archangel Sandalphon nurtures them and it is your responsibility to help in this. Every time you walk on the earth in bare feet or go walking in the countryside, you help this chakra to develop. As it does so the seeds of your divine possibilities also grow.

In addition, the Earth Star is the foundation for your spiritual growth. Because you cannot go higher than you can dig deep, it is important to establish this chakra. There are two Universal Angels who take the energy of this centre right into the middle of the Earth and anchor it there. These are Roquiel, who is black and of the divine feminine and Gersisa, who is grey and inhabits the Hollow Earth. They anchor the energy of the Earth Star to the centre of the Earth. Both these Universal Angels are very active now in helping us to establish this very strong spiritual foundation.

When all your other chakras are ready, including the twelfth one, the Stellar Gateway, your Earth Chakra ignites. Only then can your Stellar Gateway light up and open fully.

~ The Base Chakra ~

At the fifth-dimensional level this chakra is platinum and links you to the wisdom of the dolphins. When the kundalini rises and enters this chakra your life becomes grounded in joy and delight. You feel totally safe and trust the universe totally to look after you. Archangel Gabriel looks after this chakra and when all your lower fears are purified in this centre and the sacral and navel, you find new clarity and purpose.

~ *The Sacral Chakra* ~

Slightly above the base chakra and also in the charge of Archangel Gabriel this chakra is luminous pale pink. It is about transcendent sexuality and expressing tender, true love.

When this chakra opens at a fifth-dimensional level your relationships change as you are no longer sending out demands or neediness but are radiating higher, confident, loving energy.

~ *The Navel Chakra* ~

Glowing orange at the fifth dimension and also looked after by Archangel Gabriel, this chakra expresses a warm welcome for all people, sociability and acceptance.

~ *The Solar Plexus* ~

Radiating deep gold the solar plexus sends out peace, wisdom and the ability to soothe and calm people and situations. Archangel Uriel holds this centre in his light.

~ *The Heart Chakra* ~

The fifth-dimensional centre of the heart chakra is pure white in the care of Archangel Chamuel. Sending out only pure love, you see everyone and everything with eyes of love. You connect with the cosmic heart.

~ *The Throat Chakra* ~

When this chakra glows royal blue you automatically receive the protection, strength and courage of Archangel Michael. You now work with him and carry his blue cloak as well as his Sword of Truth and Shield of Protection, which you use to help others.

~ *The Third Eye* ~

The all-seeing eye is totally transparent at the fifth dimension, like a crystal ball, so you are preparing for your journey to enlightenment. Archangel Raphael offers you gifts of healing and abundance.

~ The Crown Chakra ~

You now wear the crystal crown of the thousand-petalled lotus on your head, which opens fully allowing you to bring down light from your soul and feed it to the lower chakras. Archangel Jophiel is in charge of this centre.

~ The Causal Chakra ~

This pure white chakra above and slightly behind the crown is where you enter the silence. Archangel Christiel looks after it, when it is open and receptive beings of the higher spiritual realms drop their guidance and seeds of wisdom into your consciousness.

~ The Soul Star Chakra ~

This chakra works in two ways: Archangel Zadkiel transmutes ancestral karma, which is held in the lower section. When it opens, Archangel Mariel then brings forward the wisdom of your soul, which you can access in your daily life. This chakra is the magenta colour of the divine feminine.

~ The Stellar Gateway ~

Archangel Metatron, called Prince of the Countenance because he is the only angel allowed to look directly into the light of God, is in charge of your ascension journey. He works with your Stellar Gateway chakra, which is a beautiful golden colour. When this opens you start to access light from Source.

Just as you have two Universal Angels helping to anchor the energy of the Earth Star deeper into the planet, you have two helping to connect the Stellar Gateway to Source. The first is Seraphina, who is of the seraphim frequency. She helps Metatron to fine-tune the energies in the Stellar Gateway. Then she starts to build the ladder from Source down to the Stellar Gateway. When it is complete, she helps you to climb it. She also has a chakra within another dimension, which is an intergalactic training school and you can train here to be a cosmic Ambassador for Earth if you desire. Working with Metatron and Seraphina is Butyalil who is helping to align

the cosmic currents that hold Earth in place.

EXERCISE: *Awakening Your Earth Star*

1. Stand with your feet firmly on the ground hip-width apart.
2. Focus on your feet and imagine energy going down from them like the sides of a downward pointing triangle until they meet twelve inches or 30 cm below the ground.
3. Then put your attention on the toes, then right side of the feet, then the heel, then the left side of the feet. Continue to do this slight swaying until you feel your Earth Star is anchored.
4. Then place your mind in your Earth Star. Visualize it like a chamber below your feet, shining and luminous.
5. Be aware of the seeds of your potential growing within the chamber.
6. Here your kundalini is held.
7. Below it is a link right down into the centre of the Earth.

~ Activating the Twelve Chakras with the Fifth-dimensional Colours and Angels ~

You can do this formally as below but when you get to know the chakras you can do it while out walking, sitting in a train, plane or as a passenger in a car. It is very simple and the more often you do it, the more you anchor, open and activate your ascension chakras.

1. Light a candle if possible.
2. Sit quietly where you can be undisturbed.
3. Focus on your Earth Star Chakra below your feet and ask Archangel Sandolphon to connect with you. Pause until you can sense he is with you. Then breathe in and out of your black and white Earth Star Chakra three times.
4. Focus on your base chakra at your pubic bone and ask Archangel Gabriel to connect with you. Pause until you can sense he is there. Then breathe in and out of your platinum base chakra three times.
5. Move your awareness to your sacral chakra and ask Archangel Gabriel to enter it. Then breathe in and out of your pale pink sacral chakra three times.

6. Move up to your navel chakra and invite Archangel Gabriel to move into it. Then breathe in and out of your luminous orange navel chakra three times.
7. Focus on your solar plexus and call in Archangel Uriel to hold the energy of wisdom here. Then breathe in and out of your deep golden solar plexus chakra three times.
8. Rise to your heart chakra and invite Archangel Chamuel to waken you to pure love. Then breathe in and out of your pure white heart chakra three times.
9. As you focus on your throat centre, call in Archangel Michael to touch you here. Then breathe in and out of your royal blue throat chakra three times.
10. Concentrate on your third eye and let Archangel Raphael assist you here. Then breathe in and out of your crystal-clear third eye three times.
11. Let your consciousness shift to your crown. Be aware of Archangel Jophiel, the angel of wisdom, opening your chakra wider. Then breathe in and out of your crystal-clear crown three times.
12. You are now activating your transcendent chakras above your head, so be aware of your pure white causal chakra and let Archangel Christiel help you. Then breathe in and out of it three times.
13. A little higher is your Soul Star chakra, which is magenta pink. Be aware of Archangel Mariel working with you, and breathe in and out of it three times.
14. It is time to move to your Stellar Gateway. Call in Archangel Metatron and sense him expanding your ultimate chakra. Then breathe in and out of this golden ball of light three times.
15. Thank the archangels for their help in activating your chakras and open your eyes.

CHAPTER 44

Our Roles in the Plan



You are blessed to be on Earth at this time, with its amazing privilege of working with the energies of 2012 and then preparing for the new Golden Age. There has never been an opportunity for spiritual growth like this one and you are asked to make the most of this God-given chance.

In order to be prepared you are expected to clear yourself of all fear and negativity and replace it with love, peace, joy and abundance. You can do this by working with the exercises in this book. The more you transmute, the greater will be your Light and the more the angels and Illumined Ones can work through you.

~ How to Assist the Process ~

1. Bring your own life into peace and harmony. Your energy will then automatically lift the vibrations of everyone with whom you come into contact.
2. Recognize that everyone is equal and treat them as such.
3. Honour all life forms on the planet, from rocks, insects and plants to animals and humans.
4. Give no energy to fear, darkness or mass hysteria. Instead focus on the good, the wise and great, so that it expands.
5. Visualize everyone throughout the world living in peace and love.
6. Walk with your feet on the earth and your head in the heavens.

If enough individuals do these things, the consciousness of all must inevitably rise. Your task is to hold your light steady and act as a beacon, for you may find you are able to influence thousands of souls and even lead them into ascension.

~ Purification ~

Whenever you feel grumpy, worried, irritable, easily annoyed or upset by others, disgruntled that you are not receiving what you deserve or that life is unfair, you need purification before you can raise your energy. Here are some suggestions.

EXERCISE 1: *Nature*

- Go out into nature. If possible walk in trees, or by water, or barefoot in the grass. Mentally ask nature to transmute your lower energies.
- Hug a tree. Visualize roots from your feet linking with the roots of the tree and imagine all your discordant energy draining away through them.

EXERCISE 2: *The Gold and Silver Violet Flame of Transmutation*

This flame is one of the most powerful of all transmuting energies. It opens you up so you must place a protection around yourself before you invoke it. Then it will cleanse your aura and your cells. You can also send it to others to help them.

- First visualize Archangel Michael's deep blue cloak of protection around you; alternatively you can visualize any other protection you trust in.
- Say mentally or aloud: 'I invoke The Gold and Silver Violet Flame'.
- Sense it enveloping you.
- Breathe it into your aura and your cells.
- Give thanks to the flame.

EXERCISE 3: *Orbs of Archangel Zadkiel*

- You can place the name or photograph of the person or place that needs cleansing, including your own, onto a picture of an Orb of Archangel Zadkiel. The violet light of this Archangel will then automatically go to the person or place you have designated and help to transmute stuck energy. A photograph of Archangel Zadkiel's Orb can be found in the *Diana Cooper Orb Cards*.

~ Dissolving Fear ~

Fear is low frequency energy and we all carry it to some extent, consciously or unconsciously. This blocks us from accessing our true wisdom. In addition, it is very easy to pick up fear from a place or from another person, unless we keep our own aura very strong. As Archangel Uriel transmutes fear with his beautiful golden light, we can call on his assistance for dissolving this energy.

EXERCISE 1: *Visualization to Dissolve Fear for Yourself*

- Relax and invoke Archangel Uriel.
- Mentally or aloud ask him to place a pure ball of gold energy in your Solar Plexus.
- Ask him to fill your Solar Plexus with confidence and wisdom.
- Breathe in the golden energy until you feel your Solar Plexus relax and become peaceful.
- Thank Archangel Uriel for his help.

EXERCISE 2: *Visualization to Dissolve Fear for Other People or Places*

To dissolve fear for other people or that which is held in other places, you can make an Archangel Uriel humming ball and send it to them. This is wonderful to do in a group.

- Hold your hands 6 in. or 15 cm. apart over your Solar Plexus as if holding a ball.
- Invoke Archangel Uriel and ask him to help you make a ball of peace, wisdom and confidence.
- Focusing on peace, calm, wisdom and confidence hum into the ball in your hands.
- At the same time visualize this ball becoming bigger and more golden.
- When you have finished, place the ball in someone's Solar Plexus or heart or visualize it being sent to a place or person.
- Thank Archangel Uriel.

~ *Clearing Illusion* ~

Ultimately, there is only love. When you perceive something or someone as

bad, hateful or ugly you are seeing through eyes of illusion that lead to distortion. Here are some ways of dissolving these illusions.

~ Blessings ~

In the fifth dimension you see, hear and speak from the perspective of love. For example, if someone is behaving cruelly, you witness their behaviour and bless them with kindness. At the same time, you visualize them acting in an open-hearted way. Through this you start to draw them into the higher dimensions too.

~ Fire Dragons ~

Dragons are fourth-dimensional elementals with open hearts and a deep love for humanity and they only act for the highest good. You can call on a fire dragon to burn up your illusion. You can also send fire dragons to burn up the illusions of others.

~ Holding the Vision ~

When you hold a vision in the highest light for yourself, a friend, a country or a project, miracles can happen. When you talk of it, make sure you are enthusiastic, only use positive words and cancel any negative thoughts in the Gold and Silver Violet Flame. Here are some ways you can work with this:

- Picture the vision or draw it. Affirm, ‘This or something better now happens for the highest good of all concerned.’ Then let it go and let the angels do what is necessary with it.
- Picture or draw a vision and sound OM over it. This brings in the angels to help.
- If your vision is for the good of others and humanity, the unicorns will see your light and support you with their pure white light. It helps to consciously invoke the unicorns for assistance.

– Spiritual Practice ~

It is really helpful to have a spiritual discipline that you do regularly, for example in the mornings and/or evenings. Here are some suggestions that you can tailor to yourself.

EXERCISE 1: *Morning Spiritual Practice – Dedicating Your Day*

1. Create an altar, which can be as small as a little shelf or as big as you like. Place on it a candle and anything that holds the light for you, such as flowers, photographs, crystals.
2. Sit or kneel in front of it.
3. Light a candle and dedicate it to your day. You may like to have three candles, each dedicated to something, e.g. animals, your family, healing, world peace, helping a country, something personal like your work or yourself. Say a prayer as you light each candle.
4. Invoke Archangel Michael and ask him to place his deep blue cloak of protection around you. You may also like to invoke Archangel Gabriel or the Gold Ray of Christ to protect yourself, or use any other protection that feels right for you.
5. Then you may choose to do any or all of the following:
Ask the Gold and Silver Violet Flame to blaze a trail in front of your day. Say your affirmations ten times.
Play singing bowls or drum. Chant a mantra 108 times.
There are many books and CDs of wonderful mantras.
Hold an Orb of an Archangel and quietly breathe in its energy.
Send out blessings to people and places. Bless them joyfully with what they need.
Send out peace and healing to people or the world. Visualize the planet lighting up and bless it.
6. Once you are ready, ask Archangel Sandalphon to place his bubble round you to ground you and hold you in the fifth dimension. You may also do this for other people if they have asked you to do so. I ask Sandalphon's angels to stand at my gate and place a fifth-dimensional bubble over anyone who enters.
7. At the end affirm, 'So Be It. It Is Done', then mentally detach from anything you may have picked up.

If you have any other practices you like to follow include them, and if you want to do something completely different that is wonderful too. Please do what is right for you!

EXERCISE 2: *Evening Spiritual Practice – Dedicating Your Night*

It is really good to do this in front of your altar but I have to confess I light a candle by my bedside dedicated to the world and sit on my pillow. During sleep, your spirit leaves its physical sheath and journeys into the inner planes. Often you go to your home planet for spiritual comfort and sustenance, but you may go to many realms for guidance, help, to give or receive healing, and wisdom. Before you start your practice decide where you want your spirit to go, for example to a special portal, to the retreat of a Master or Archangel or to another planet to give or receive teaching, healing, wisdom or service. If you have heard of a disaster or tragedy, you may offer to serve during your sleep.

1. Place your protection around you as you do in the morning.
2. Invoke Archangel Sandalphon to place his fifth-dimensional bubble over you and anyone who has asked you. They must be ready to receive this and ask for it. Ask his angels to stand at your gate and place a fifth-dimensional bubble over anyone who enters.
3. Then you may choose to do any or all of the following:
 - Send love and healing to individuals and places.
 - Send angels of peace to parts of the world that need it.
 - Name the place you wish to visit in your sleep and ask to receive the highest.
 - Ask your dragon, who is a fourth-dimensional elemental, to accompany you to burn away any lower energies that might impede your flight.
 - Offer yourself in service during your sleep.
Ask to receive healing and be prepared to return energized for your day.
 - Ask the unicorns to balance your twelve fifth-dimension chakras.
 - Ask the angels to sing over you while you sleep.
 - When you close your eyes, know that your sleep time is as important spiritually as anything you do during the day. It is an extraordinary opportunity to accelerate your spiritual growth and ascension and a time when you can really help others.

Raising Your Spirits ~

It is very easy to get stressed in these days of fast everything, and stress

creates low feelings and energies. Also all the things that we have not dealt with, including those from our teens and childhood as well as past lives, is being brought to our attention. This is a huge time for emotional clearance and release. Here are some ways of clearing out the old and raising your spirits when you need to.

~ Nature ~

I was feeling very down one morning. One of my daughters had a go at me about something in her childhood and I let it get to me, so I was doing a number on myself as I churned and felt angry and upset.

I decided to walk in my local forest and let the trees help me. It was sunny with a cool nip in the air and I said, "Nature, I surrender these feelings to you."

Almost immediately I became aware of a fairy sitting on my shoulder. I asked her to sing but I could not hear her, which was frustrating and I knew it was because of my low energy. I felt there were many elementals around me including Gobolino, my wonderful goblin friend. All at once they all joined together and sang my name with great love and caring, and this time I could hear it. The angels joined them and then a unicorn added light. I felt as if heaven was pouring waves and waves of love into me as they sang "Diana... Diana... Diana..." over and over again.

When they had finished there was a moment of silence. Then a message was called to me. "Forgive the person you were then and rejoice in who you are now."

Hours later, I could feel the warmth in my heart and the old stuck feelings totally left me. In fact, later that day I tried to recall what had upset me so much and it simply was no longer there.

One of the best ways of letting go of the old and raising your spirits is to go to a pine forest or the ocean and offer them the lower feelings. If you let go, they will then hold you in the fifth dimension.

~ The Elements ~

Water, air, fire and earth all offer deep cleansing and connect you with higher energies that can bring you into joyous alignment with your life. All the elements have cosmic qualities, and when you understand this and breathe them into your cells you can profoundly transform your conditions. Currently, we are not skilled at working with water, air, fire and earth so we do not recognize their power. However, when the cleansing comes to the

planet we need to understand them so that we can utilize their gifts.

Remember that the faster your frequency, the less affected you are by the elements, so if a storm is forecast, raise your vibration.

One evening there was a storm in the air and Lady Gaia came in to talk about it. She said the destruction by tornadoes that had recently taken place in the US would have been much less if people had connected to the air elementals, the sylphs, and to the Elemental Master in charge of them, called Dom.

The unicorns are in charge of air so we can connect with them, tell them what we want air to do and ask them to supervise this. If enough people had quietly asked the sylphs to cleanse gently and bring in qualities of enlightenment and the ability to see a higher perspective, there would have been no destruction in America and the people would have moved along their ascension pathway.

We need to know what we want. So another example would be if school pupils are dejected by the systems in schools, ask the unicorns and Dom to bring a breeze carrying the air quality of enthusiasm to touch them. At the same time call this breeze in around the Minister of Education to bring inspiration and wisdom to him.

We can use the element of air to spread angel singing round the world.

To help asthma sufferers, we can send a prayer to the unicorns and the Elemental Master, Dom, to purify the air and ask the sylphs to spread this cleansed air before we breathe it.

Angels and other seventh-dimensional beings are the essence of the energy vibration of air. They only want the highest good. If you are scared of a storm, you are not embracing these seventh-dimensional beings. When you walk in a breeze, you can feel the cobwebs being blown away but it is much more than that, for here you have an opportunity to work with the cosmic forces.

When we send out low frequencies it creates a blockage in the flow. It may, for example, block a ley line. As the energy of the planet gets faster, it pushes the blockage out and this may result in an earthquake as it did in Haiti. However, if we send seventh-dimensional light or angels into a blockage, it dissolves gently. In this way we have the power to prevent much damage.

- When we hold things down through worry we hold the potential of air down. When we raise the frequency, we are set free on every level. Gravity is connected to the lower frequencies and as we ascend we move beyond gravity into space. The gifts many had in the Golden Era of

Atlantis are fifth- to seventh-dimensional aspects of air, for example telepathy or levitation. As we work with the sylphs, Dom and the Unicorns we bring this back, for we are aligning with the wisdom within the air. We can ask air to heal the minds of people so that they can communicate at a higher frequency and bring telepathy forward.

- If you want to let go of the old and raise your spirits, have a bath, shower, swim or walk by water. Bless it. Then ask it to wash away the old and replace it with higher qualities.
- Earth loves you. When you walk on the planet, you are being held with caring and tenderness. If you walk in bare feet you make a connection that enables the Earth to take in your old feelings and fill you with joy. The Earth helps you to be grounded, nurturing, and capable, and to bring forward ancient wisdom.
- Fire transmutes the old very powerfully. Write down your old feelings and burn them, then breathe in the higher qualities of fire such as enthusiasm, inspiration, deservingness and vitality. When you write a letter to someone and then burn it, it has a huge energetic impact because of the cosmic qualities and wisdom held within fire.

~ Singing and Chanting ~

We take in deeper breaths when we sing or chant, so with this we are taking in more of the energy of God. Singing and chanting with others also helps to bring us into harmony and attunement with the people and situations around us.

~ A Child Laughing ~

The sound that unlocks one of the Keys to the Universe, that to the portal of Hollow Earth, is innocent laughter, like that of an infant laughing. It is a vibration of pure joy and whenever I hear it I find myself smiling and feeling happy.

EXERCISE 1: *How to Raise the Frequency of Religion to Spirituality*

Dogma is fear. Spirituality is love. Terrorism and talk of the fear of God committed or spoken in the name of religion arise from the collective fear of those trying to control with fear. That is no longer acceptable and must be healed for the new Golden Age. You can support this in the following ways:

- Place the name of the religion or action onto photographs of Orbs of the Archangels Uriel, Butyalil, Gabriel, Michael, Metatron, of a unicorn and of Mother Mary.
- Invoke these mighty beings and ask them to transmute dogma within religions and raise the energy to one of love and inspiration.

EXERCISE 2: *Visualization to Raise Dogma to Spirituality*

Decide if you wish to send this energy to one religion or all the religions of the world.

1. Find a place where you can be quiet and undisturbed.
2. Light a candle if possible.
3. Close your eyes and relax for a few moments.
4. Ask Archangel Michael to place his deep blue cloak of protection around you.
5. Invoke the love, healing, wisdom and protection of the Christ Light to surround you.
6. Invoke the golden Archangel Uriel and sense him by you.
7. Invoke the pure white light of the Universal Angel Butyalil and sense him by you.
8. Invoke the pure white light of Archangel Gabriel and sense him by you.
9. Invoke the deep blue light of Archangel Michael and sense him by you.
10. Invoke the orange light of Archangel Metatron and sense him by you.
11. Invoke a pure white unicorn and sense him by you.
12. Invoke the aquamarine light of the Universal Angel Mother Mary and sense her by you.
13. Visualize a huge book containing all the human-made laws of religion. See these mighty angels pouring their love, light, wisdom and compassion into the book until it disappears and transforms into a huge pink white rose radiating pure love.
14. See the angels flying over all religious establishments and placing the rose of higher spirituality into the auras above the buildings.
15. See the minds and hearts of dogmatic people everywhere opening

and becoming golden.

16. Open yourself to receive a blessing.

17. Thank the universal angels and open your eyes.

~ How to Heal the Planet ~

EXERCISE 1: *How to Help Clear the Karma of a Country*

It is the mark of a fifth-dimensional person that they want to help others as well as themselves and other countries as well as their own recognizing we are all part of the whole.

- Light a candle and ask the angels to heal and transmute old energies within the country.
- Send the Gold and Silver Violet Flame surrounded by a circle of golden Christ Light with a six-pointed star in the centre of it to the country or place it on a map. This is a very powerful transmuting symbol, which clears any ancient karma from Atlantis.
- Visualize the light flowing along the ley lines under the place.
- Invoke the mighty Universal Angel Butyalil who is in charge of the cosmic currents to sing over the country.

EXERCISE 2: *How to Send Positive Energy to a Place or Country*

- Visualize bubbles of love touching the people here.
- Ask the angels of peace and love to sing over a country.
- Bless the leaders and the people with joy, peace, integrity, abundance, wisdom and any other qualities they may need.
- Light a candle and send the higher qualities of the fire element to inspire and raise the people.
- Ask a unicorn to take the higher qualities of air, such as enlightenment and ascension to the country.

EXERCISE 3: *Visualization to Heal the Planet*

1. Find a place where you can be quiet and undisturbed.
2. Light a candle if possible.

3. Close your eyes and relax for a few moments.
4. Ask Archangel Michael to place his deep blue cloak of protection around you.
5. Invoke the love, healing, wisdom and protection of the Christ Light to surround you.
6. Invite a pure white unicorn to approach you. Feel its love and wondrous light, then let it pour love and enlightenment over you from its horn.
7. Sit on its back as it rises above the planet.
8. Be aware that beautiful angels of every colour surround you.
9. Let the unicorn take you to a place that needs peace and healing. Ask it to send balls of pure white light down into the land below you. Imagine the people and the land absorbing it and opening up.
10. Ask the angels to sing of peace and harmony and the air elementals to spread this round the world. Take a few moments to listen to this, and know that even if the sound is beyond your auditory range it is happening.
11. Ask the mighty angels to join together and send light from their different rays into the ley lines of the planet. Watch the web of energy lighting up.
12. Imagine the entire planet radiating a golden light ready to enter the new Golden Age.
13. Relax as the unicorn glides back with you to where you started.
14. Thank him and the angels.
15. Open your eyes and accept the gratitude of the spiritual realms.

Epilogue

My Personal Preparations



On a practical level I have made my home as ecological as possible with solar panels and wood burning stoves. I conserve water in every way I can. Because I believe in self-sufficiency I am growing vegetables and fruit and plan to expand this.

Metatron is ensuring that everyone is in the right place at the right time. In accordance with his guidance I am looking for somewhere where the land itself is pure, where I can co-create a fifth-dimensional community. I know this will happen in his timing, not mine!

In the meantime I am making my home as light and bright as possible, so I have had huge new windows put in wherever possible. This makes it easier for the house to hold the fifth-dimensional energy. Every day I ask Archangel Sandalphon's angels to stand by my gate and place anyone who enters in a fifth-dimensional bubble. There are also crystals by the gate and at the windows to ensure that anything or anyone of a lower frequency cannot enter.

Both Kumeka and Metatron keep reminding me that the spiritual worlds love fun and laughter, so I have built play things in the garden for my grandchildren and visiting children – to say nothing of adults. We all love the trampoline, the zip wire and swings but the entrance to the den is only big enough for little ones!

To maintain the highest frequency I connect with the trees in my garden and honour them. I also honour the elementals. Sometimes there are hundreds of them around my home. When my new baby granddaughter came to visit, they gathered to greet her and we paused to let them say hello to her. They were thrilled for it is not often they are introduced with love to a human baby!

With every decision I ask myself, 'What would be the highest thing to do here?' That is why I handed the Diana Cooper School to the teachers as a non-profit organization and we are co-creating something much better than I could have done on my own. It has been an amazing experience. In letting go I received more than I would ever have dreamed possible.

My biggest challenge is to balance work and leisure. It is far too easy for me to overwork. But I am being forced to listen! Kumeka buzzes my left ear and Metatron my right one when they are telling me to stop and relax.

Am I looking forward to the next twenty-five years? Absolutely yes. I think it is awesome to be part of this unimaginable change. I love the idea of creating a new way of living in as natural and sustainable a way as possible. Walking hand in hand with angels, masters, unicorns and elementals and allowing them to guide and assist me makes my heart sing. Let us all bring joy and laughter into the world and move forward together into this new and wonderful way of life.

Appendix



~ Orbs ~

If you look at these Orbs of unicorns with your heart open, they will connect with you and help you dissolve the veils of illusion over your third eye. Then they will stay and work with you to release the remaining veils until you reach full enlightenment. See [chapter 39](#) on Enlightenment for more inspiring information.



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~ The 12 Spiritual Chakras of the Planet ~

The planet has physical, mental, emotional and spiritual chakras, which is why there is so much discrepancy when people discuss them. These are the twelve spiritual centres, each of which is connected to an Archangel. These places do not correspond to the locations of the Archangel retreats.

CHAKRA	LOCATION
1. Earth Star chakra	London, United Kingdom
2. Base chakra	Gobi Desert, China
3. Sacral chakra	Honolulu, Hawaii
4. Navel chakra	Fiji
5. Solar Plexus chakra	The whole of South Africa
6. Heart chakra	Glastonbury, United Kingdom
7. Throat chakra	Luxor, Egypt
8. Third Eye chakra	Afghanistan

9. Crown chakra	Machu Picchu, Peru
10. Causal chakra	Tibet
11. Soul Star chakra	Agra, India
12. Stellar Gateway chakra	Arctic

~ The 12 Spiritual Chakras of the Planet ~



~ The 33 Cosmic Portals ~

PORTAL

ANCIENT CULTURES

1. Atlantis – Atlantic Ocean
2. Lemuria – Hawaii
3. Hollow Earth – Oklahoma, Kansas, Nebraska, South Dakota, southern North Dakota
4. Mu – Pacific Ocean

AUSTRALASIA

5. Aborigine Wisdom – Uluru, Australia
6. Maori Wisdom – Fiji

AMERICAS

7. Native American Wisdom – Sedona, USA
8. Great Crystal of Atlantis – Bermuda Triangle

- 9. Banff, Canada
- 10. Inuit Wisdom – Alaska, Arctic
- 11. South Pole
- South America
- 12. Maya Wisdom – Honduras
- 13. Inca Wisdom – Peru

AFRICA

- 14. Dogon Wisdom – Mali
- 15. Sphinx – Egypt

PORTAL

THE MIDDLE EAST

- 16. Mesopotamia

THE FAR EAST

- 17. The Source of the Ganges, India
- 18. Varanasi, India
- 19. Manila, Philippines
- 20. Mongolia
- 21. Angkor Wat, Cambodia
- 22. Quan Yin – Along the Silk Road
- 23. Wuham, Eastern China
- 24. Ansi, Northern China

EUROPE

- 25. York, Yorkshire Dales, UK
- 26. Andorra
- 27. Off the coast of Marseilles, underwater

RUSSIA

- 28. Omsk, Urals
- 29. Siberia
- 30. Agata, Northern Russia
- 31. Opala, Kamchatka Island
- 32. Gora Chen, Kerkeyansk Range
- 33. North Pole, Arctic

~ The 33 Cosmic Portals ~



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